

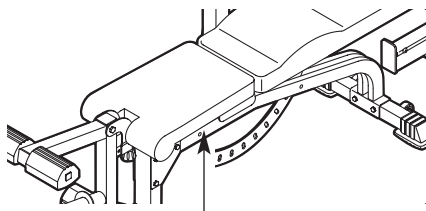
WEIDER[®] CLUB

C670

Model No. WEBE37330

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal (Under Seat)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge.

CUSTOMER HOT LINE:

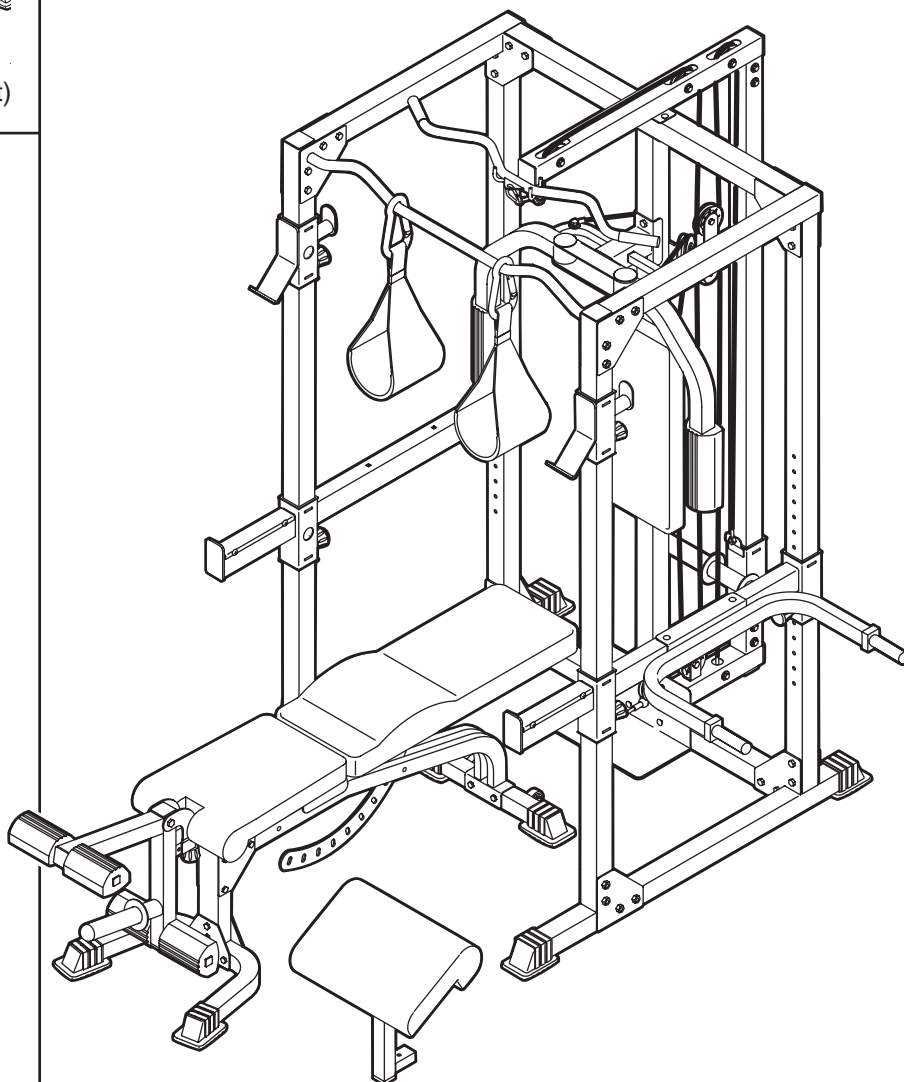
1-800-999-3756

Mon.–Fri., 6 a.m.–6 p.m. MST

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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www.weiderfitness.com

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fitness tips, and much more!*

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Note: A PART IDENTIFICATION CHART and a PART LIST/EXPLODED DRAWING is attached in the center of this manual. Remove the PART IDENTIFICATION CHART and PART LIST/EXPLODED DRAWING before beginning assembly.

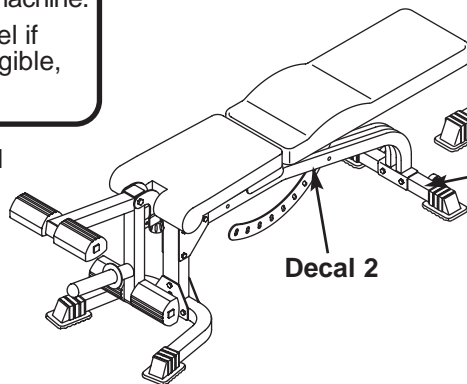
WARNING DECAL PLACEMENT

The decals shown here have been placed on the weight bench. If a decal is missing or illegible, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time, to order a free replacement decal. Apply the decal in the location shown.

⚠ WARNING

- Misuse of this product may result in serious injury.
- Read user's manual and follow all warnings and operating instructions prior to use.
- Do not allow children on or around machine.
- Replace label if damaged, illegible, or removed.

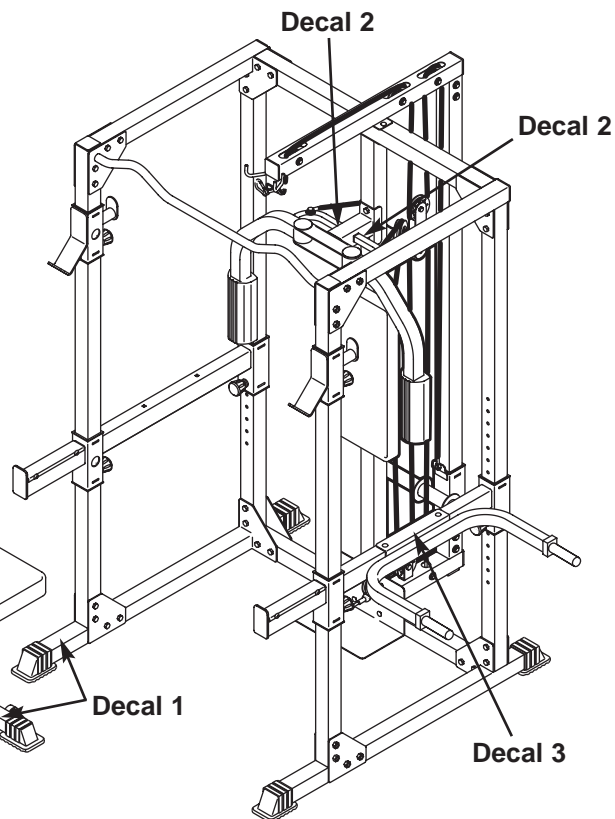
Decal 1



⚠ WARNING

Keep hands and fingers clear of this area.

Decal 2



Decal 3

⚠ WARNING

- Only one user at a time
- Dip Station may only be used on the exterior of the rack when a minimum of 75 lbs. is on the weight carriage.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the weight bench.

1. Read all instructions in this manual before using the weight bench. Use the weight bench only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the weight bench are adequately informed of all precautions.
3. The weight bench is intended for home use only. Do not use the weight bench in any commercial, rental, or institutional setting.
4. Use the weight bench only on a level surface. Cover the floor beneath the weight bench to protect the floor.
5. Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the weight bench at all times.
7. Keep hands and feet away from moving parts.
8. Always wear athletic shoes for foot protection while exercising.
9. Make sure that the cables remain on the pulleys at all times. If the cables bind as you are exercising, stop immediately and make sure that the cables are on the pulleys.
10. Always set both weight rests and both safety spotters at the same height.
11. The weight bench is designed to support a maximum user weight of 300 pounds and a maximum total weight of 610 pounds. Do not place more than 310 pounds, including the barbell, on the weight rests. Do not place more than 150 pounds on the weight carriage. Note: The weight bench does not include a barbell or weights.
12. Always place an equal amount of weight on each side of the weight carriage or barbell.
13. Always secure the weights with the weight clips when they are mounted on the weight carriage.
14. Always exercise with a partner. Your partner should be ready to catch the barbell if you cannot complete a repetition.
15. Always disconnect the lat bar from the weight rack when performing an exercise that does not require the lat bar.
16. Always move the bench out of the way when performing squat exercises.
17. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

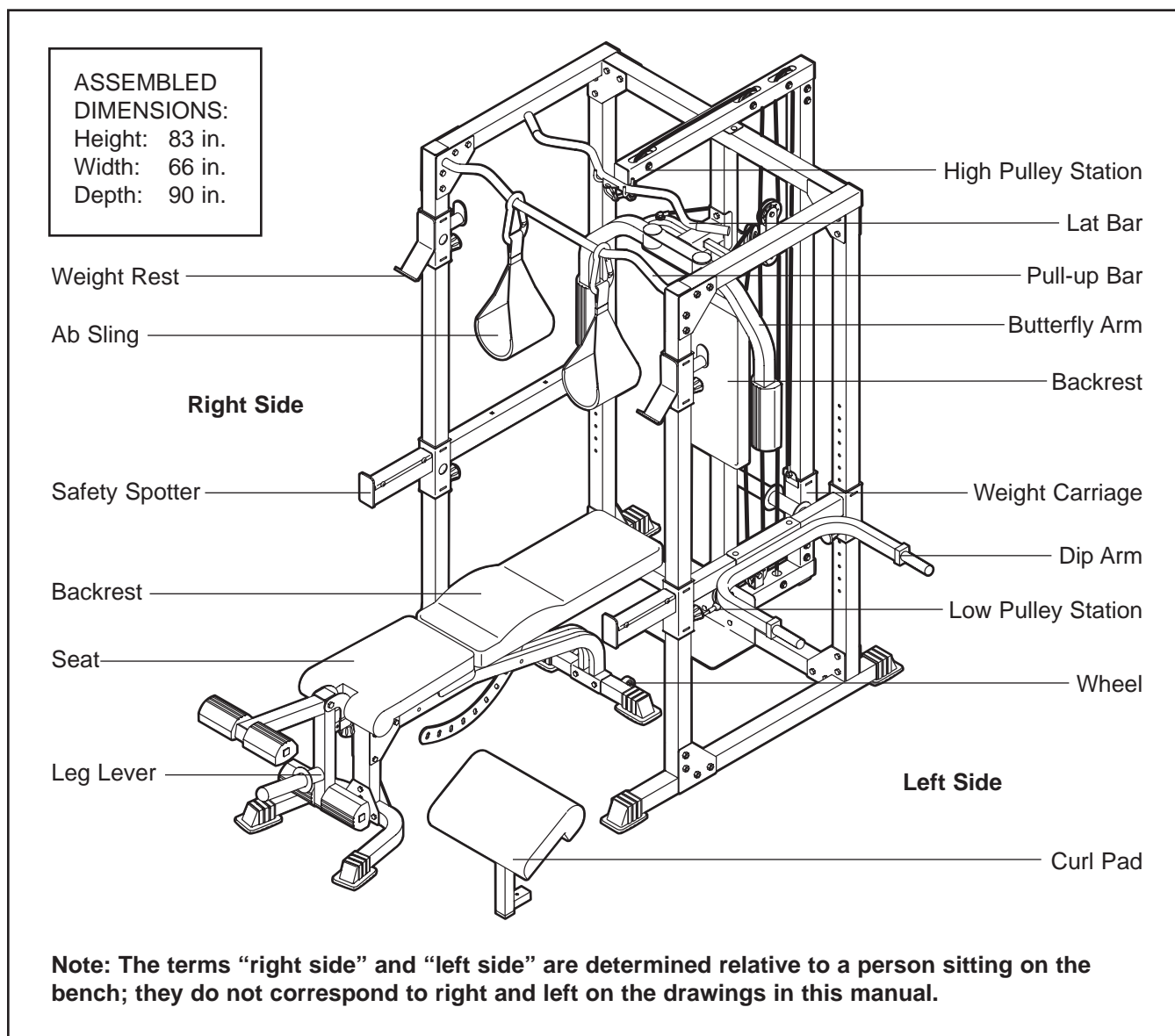
BEFORE YOU BEGIN

Thank you for selecting the versatile WEIDER® CLUB C670 weight bench. The weight bench offers a selection of weight stations designed to develop every major muscle group of the body. Whether your goal is to tone your body, build dramatic muscle size and strength, or improve your cardiovascular system, the weight bench will help you to achieve the specific results you want.

For your benefit, read this manual carefully before using the weight bench. If you have questions after reading this manual, please call our Customer Service

Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is WEBE37330. The serial number can be found on a decal attached to the weight bench (see the front cover of this manual).

Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.



ASSEMBLY

Make Things Easier for Yourself

Everything in this manual is designed to ensure that the weight bench can be assembled successfully by anyone. However, it is important to realize that the versatile weight bench has many parts and that the assembly process will take time. Most people find that by setting aside plenty of time, assembly will go smoothly.





Before beginning assembly, carefully read the following information and instructions:

- Assembly requires two people.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.
- Tighten all parts as you assemble them, unless instructed to do otherwise.

- As you assemble the weight bench, make sure all parts are oriented as shown in the drawings.

- **For help identifying small parts, use the PART IDENTIFICATION CHART.**

The included Allen wrench and the following tools (not included) are required for assembly:

- Two adjustable wrenches 
- One rubber mallet 
- One standard screwdriver 
- One Phillips screwdriver 
- Lubricant, such as grease or petroleum jelly, and soapy water.

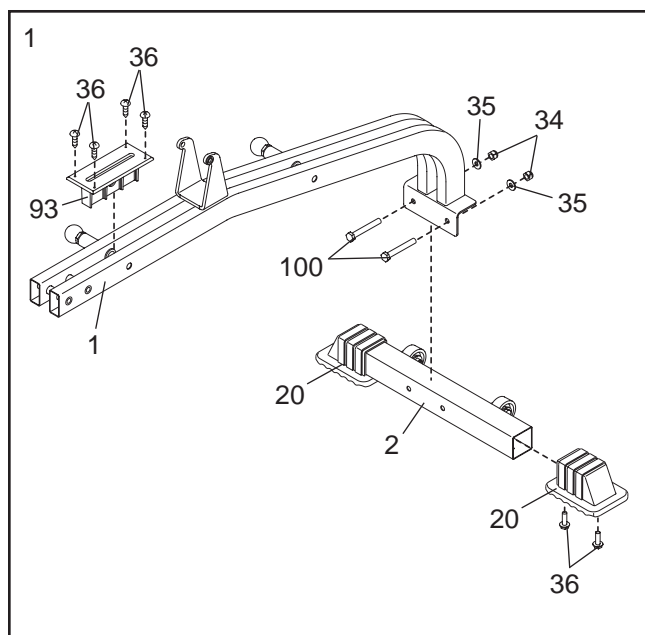
Assembly will be more convenient if you have a socket set, a set of open-end or closed-end wrenches, or a set of ratchet wrenches.

1. **Before beginning assembly, make sure you understand the information in the box above. For help identifying small parts, use the PART IDENTIFICATION CHART.**

Attach a Small Base Cap (20) to the Stabilizer (2) with two M4 x 16mm Screws (36). **Attach another Small Base Cap in the same manner.**

Pull the Small Adjustment Knob (23) out and slide the Seat Bracket Sleeve (93) between the tubes in the Bench Frame (1) as shown. Engage the Knob into the Sleeve and Bench Frame. Attach the Sleeve to the Bench Frame with four M4 x 16mm Screws (36).

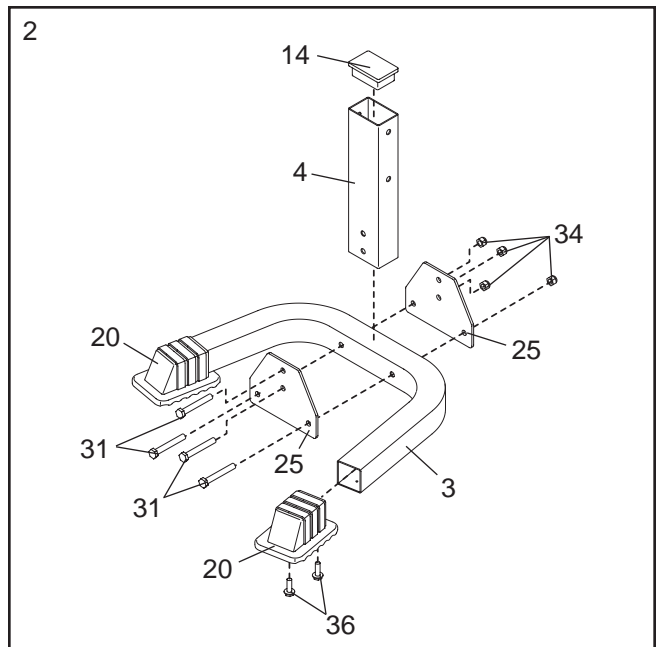
Attach the Bench Frame (1) to the Stabilizer (2) with two M10 x 65mm Bolts (100), two M10 Washers (35), and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**



2. Attach a Small Base Cap (20) to the Bench Base (3) with two M4 x 16mm Screws (36). **Attach the other Small Base Cap in the same manner.**

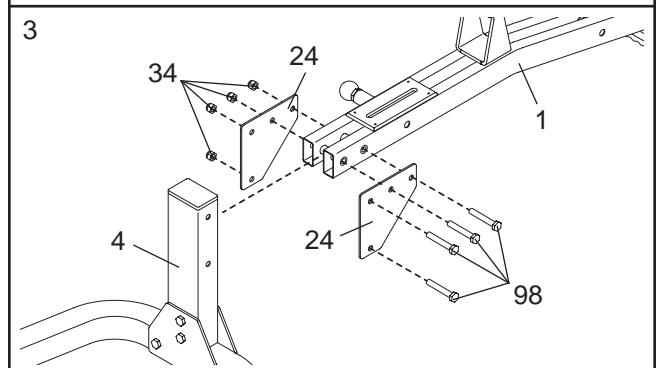
Press the 51mm x 76mm Inner Cap (14) into the indicated end of the Bench Leg (4).

Attach the Bench Leg (4) to the Bench Base (3) with four M10 x 71mm Bolts (31), two Bench Base Joint Plates (25), and four M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**



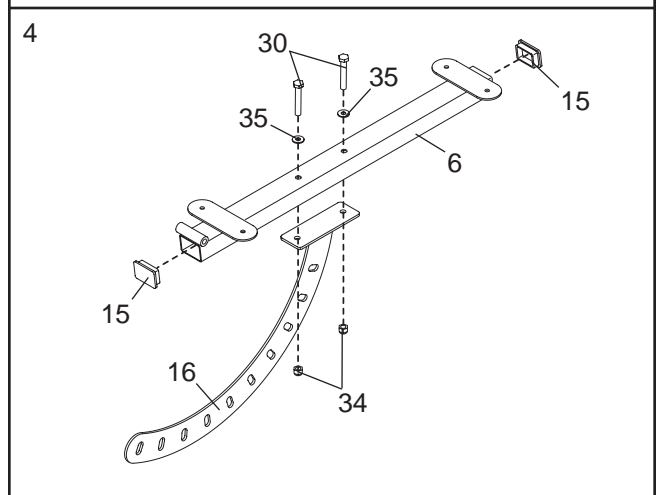
3. Attach the Bench Leg (4) to the Bench Frame (1) with four M10 x 94mm Bolts (98), two Bench Joint Plates (24), and four M10 Nylon Locknuts (34).

Tighten the M10 Nylon Locknuts (34) used in steps 1–3.



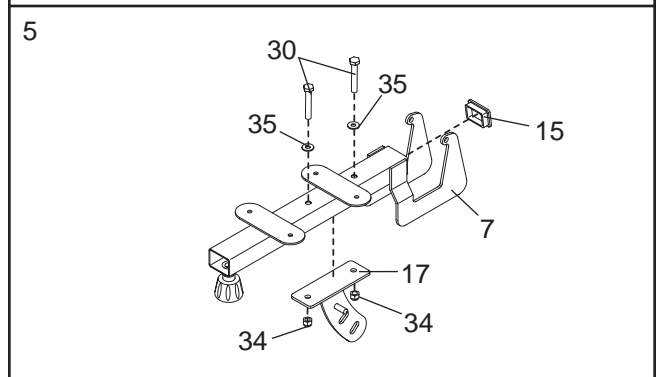
4. Press two 38mm x 50mm Inner Caps (15) into the Backrest Frame (6).

Attach the Backrest Bracket (16) to the Backrest Frame (6) with two M10 x 56mm Bolts (30), two M10 Washers (35), and two M10 Nylon Locknuts (34).



5. Press a 38mm x 50mm Inner Cap (15) into the Seat Frame (7).

Attach the Seat Bracket (17) to the Seat Frame (7) with two M10 x 56mm Bolts (30), two M10 Washers (35), and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**



6. Pull out the Small Adjustment Knob (23) that is nearer the Stabilizer (2). Insert the Backrest Bracket (16) between the tubes on the Bench Frame (1) and engage the Small Adjustment Knob into one of the holes in the Bracket.

Pull out the Small Adjustment Knob (23) by the Seat Bracket Sleeve (93). Insert the Seat Bracket (17) into the Seat Bracket Sleeve and engage the Small Adjustment Knob into one of the holes in the Bracket.

Lubricate the M10 x 102mm Bolt (99) with grease. Attach the Seat Frame (7) and the Backrest Frame (6) to the Bench Frame (1) with the Bolt, two M10 Washers (35), and an M10 Nylon Locknut (34). **Do not overtighten the Locknut; the Seat Frame and Backrest Frame must be able to pivot easily.**

Tighten the M10 Nylon Locknuts (34) used in step 5.

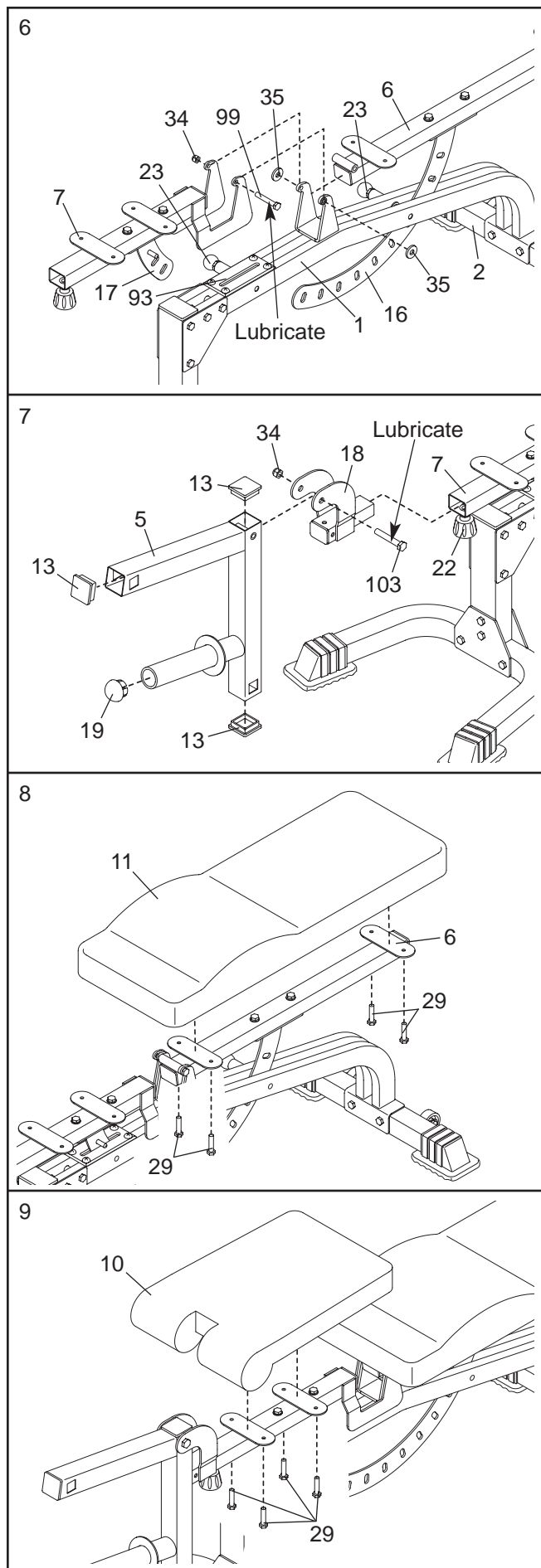
7. Press three 50mm Square Inner Caps (13) and a 48mm Round Inner Cap (19) into the Leg Lever (5).

Lubricate the M10 x 85mm Bolt (103) with grease. Attach the Leg Lever (5) to the Leg Lever Bracket (18) with the Bolt and an M10 Nylon Locknut (34).

Loosen the Adjustment Knob (22) by turning it counterclockwise several turns. Pull the Knob out and slide the Leg Lever Bracket (18) into the Seat Frame (7). Tighten the Adjustment Knob into the Leg Lever Bracket.

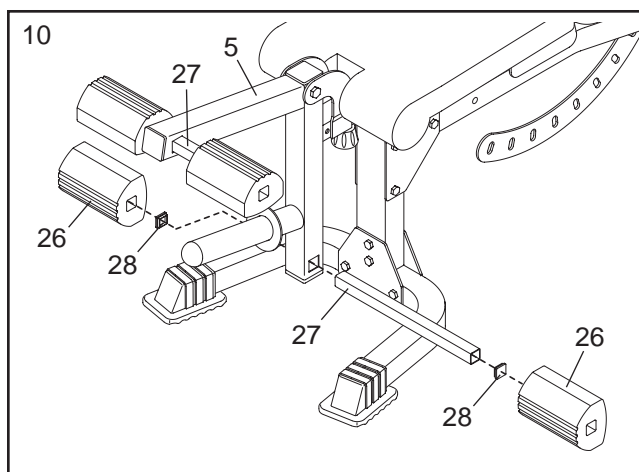
8. Attach the Backrest (11) to the Backrest Frame (6) with four M6 x 16mm Screws (29)

9. Attach the Seat (10) to the Seat Frame (7) with four M6 x 16mm Screws (29)



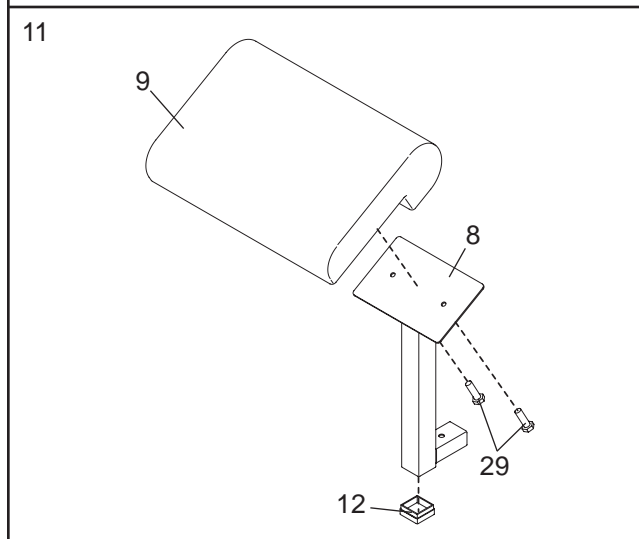
10. Press two 25mm Square Inner Caps (28) into a Pad Tube (27). Slide the Pad Tube into a hole in the Leg Lever (5). Slide two Foam Pads (26) onto the Pad Tube.

Assemble the other Pad Tube (27) in the same manner.



11. Press a 45mm Square Inner Cap (12) into the bottom of the Curl Post (8).

Attach the Curl Pad (9) to the Curl Post (8) with two M6 x 16mm Screws (29).

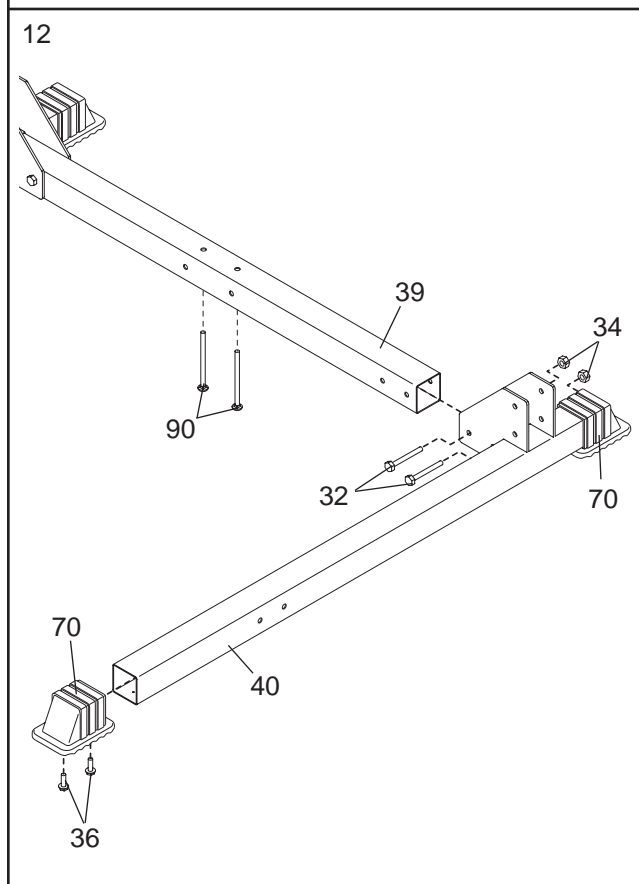


12. Attach a Large Base Cap (70) to the Left Base (40) with two M4 x 16mm Screws (36). **Attach another Large Base Cap to the other end of the Left Base in the same manner.**

Attach the Left Base (40) to the Center Base (39) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**

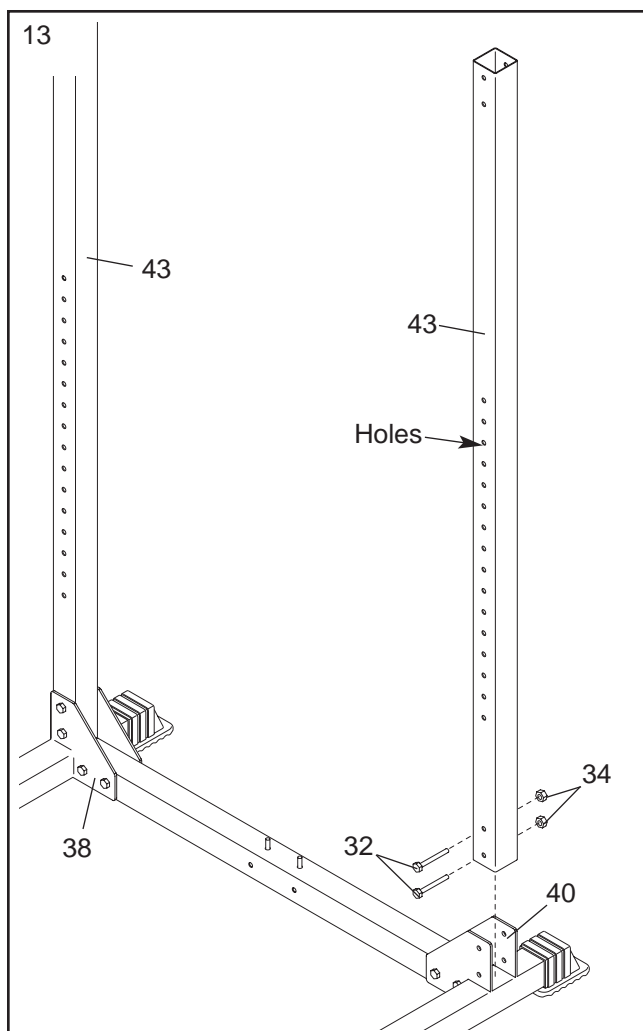
Repeat this step with the Right Base (not shown).

Insert two M10 x 75m Carriage Bolts (90) up through the Center Base (39).



13. Attach a Rear Upright (43) to the Left Base (40) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34). **Note: The Rear Uprights are shorter than the Front Uprights (not shown). Make sure the holes are on the side shown. Do not tighten the Locknuts yet.**

Repeat this step with the other Rear Upright (43) and the Right Base (38).

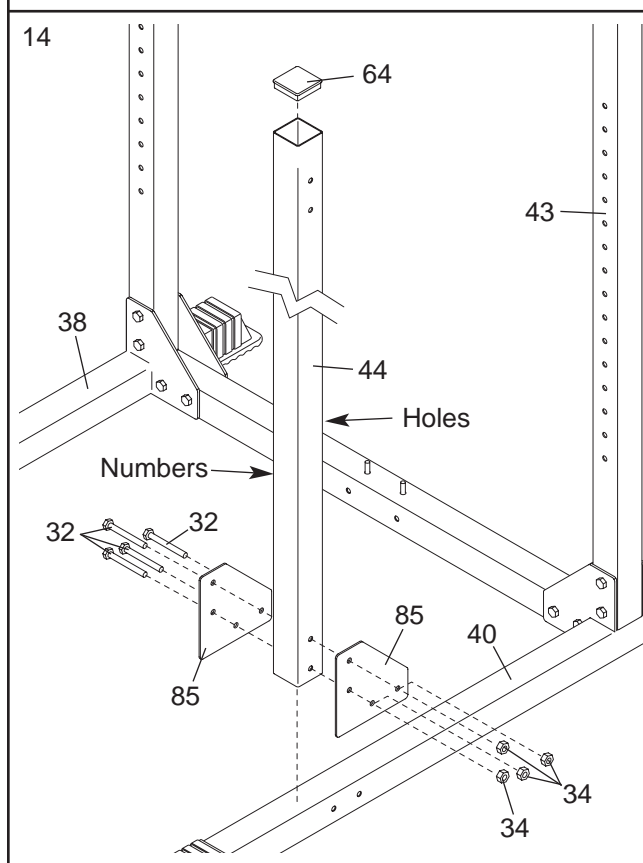


14. Press a 60mm Square Inner Cap (64) into the top of the Left Front Upright (44).

Attach the Left Front Upright (44) to the Left Base (40) with four M10 x 78mm Bolts (32), two Rack Joint Plates (85), and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**

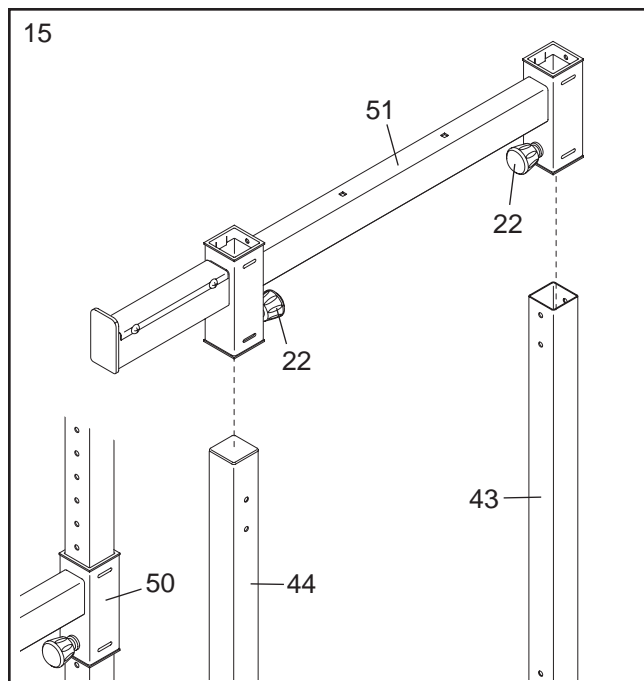
Make sure the holes on the Left Front Upright (44) face the holes on the Rear Upright (43), and that the numbers on the Left Front Upright face the numbers on the Right Front Upright (not shown).

Repeat this step with the right Front Upright (not shown) and the Right Base (38).



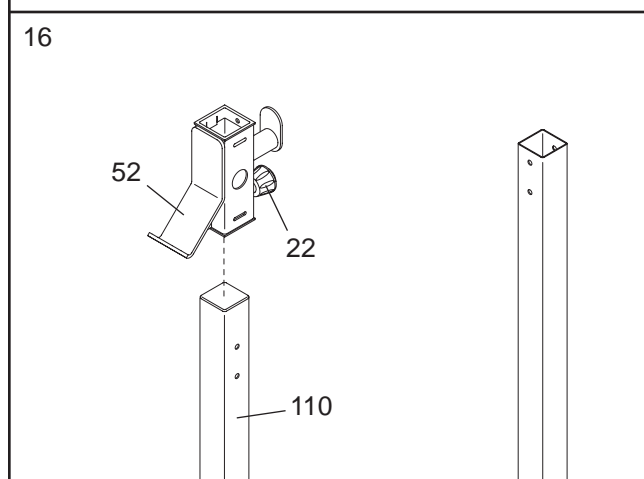
15. Loosen the two Adjustment Knobs (22) on the Left Safety Spotter (51) by turning them counterclockwise. Pull both Knobs out at the same time and slide the Left Safety Spotter (51) onto the Left Uprights (43, 44) and engage and tighten the Adjustment Knobs (22) into a set of holes in the Uprights.

Repeat this step with the Right Safety Spotter (50) and Right Uprights (not shown).



16. Loosen the Adjustment Knob (22) on the Right Weight Rest (52) by turning it counterclockwise. Pull the Knob out and slide the Right Weight Rest (52) onto the Right Front Upright (110). Engage and tighten the Adjustment Knob (22) into a hole in the Upright.

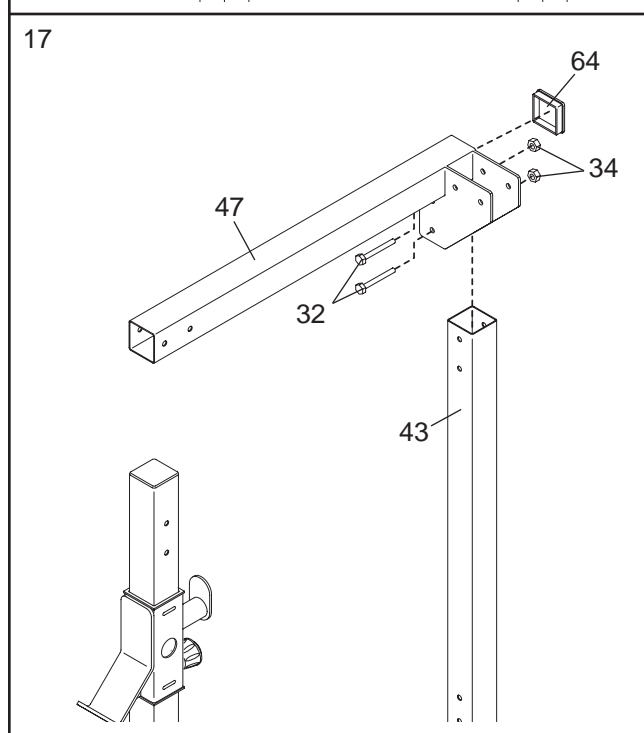
Repeat this step with the Left Weight Rest (not shown) and the Left Front Upright (not shown).



17. Press a 60mm Square Inner Cap (64) into the indicated end of the Right Top Frame (47).

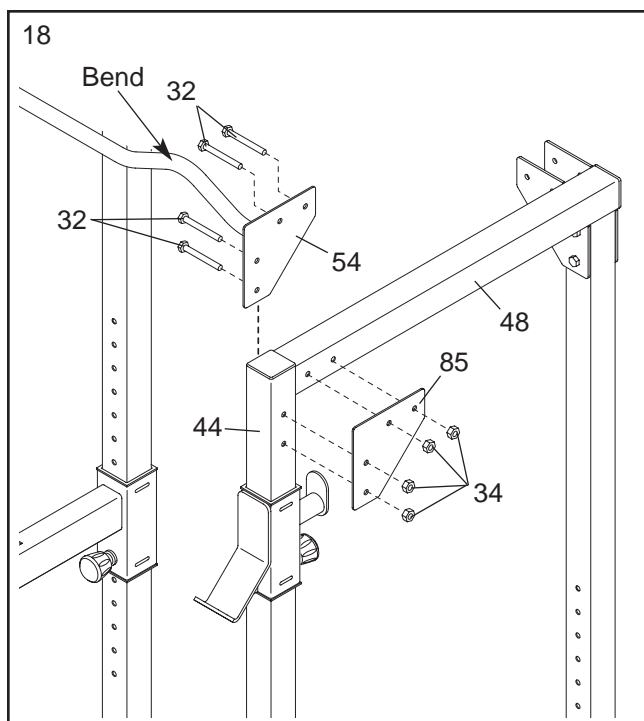
Attach the Right Top Frame (47) to the right Rear Upright (43) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**

Repeat this step with the Left Top Frame (not shown) and the left Rear Upright (not shown).

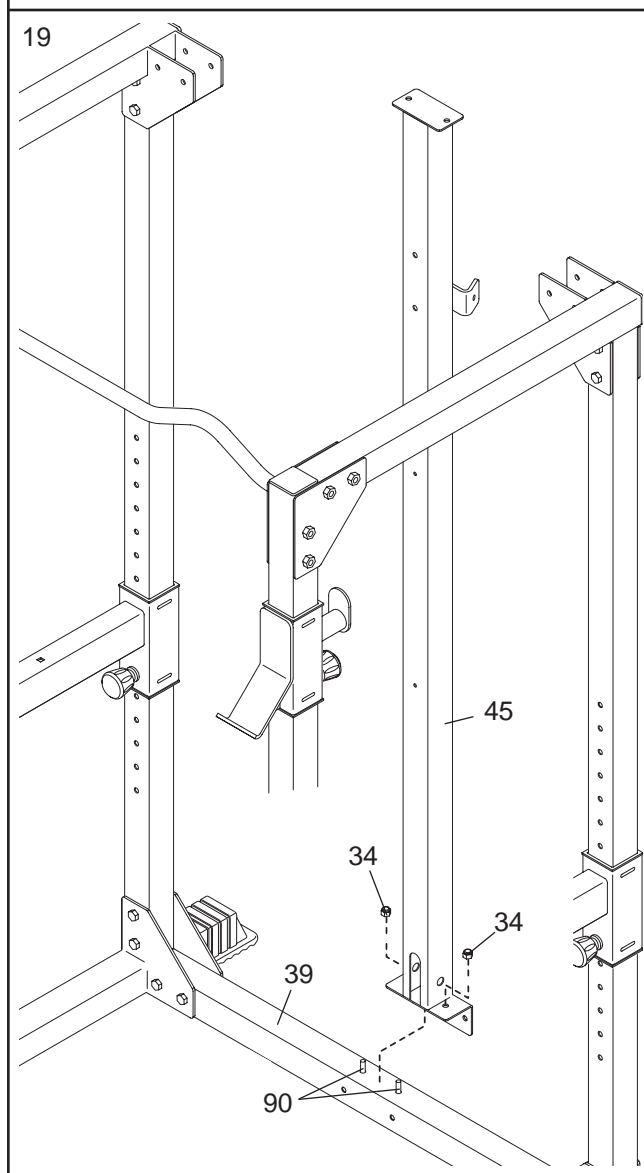


18. Attach the Chin-up Bar (54), with the bends going up, to the Left Front Upright (44) and the Left Top Frame (48) with four M10 x 78mm Bolts (32), a Rack Joint Plate (85), and four M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**

Attach the Chin-up Bar (54) to the Right Front Upright (not shown) and the Right Top Frame (not shown) in the same manner.

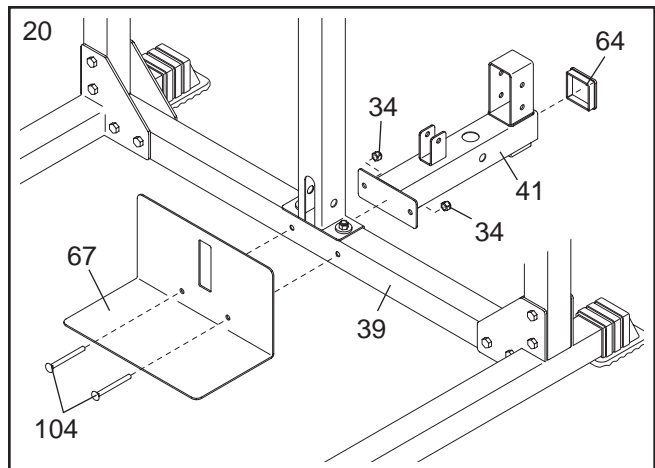


19. Attach the Center Upright (45) to the Center Base (39) with the two M10 x 75mm Carriage Bolts (90), and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**



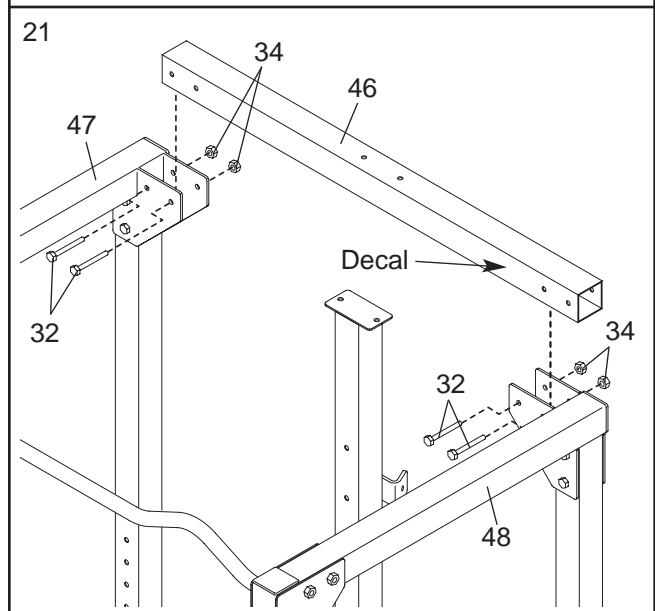
20. Press a 60mm Square Inner Cap (64) into the Weight Guide Base (41).

Attach the Foot Plate (67) and the Weight Guide Base (41) to the Center Base (39) with two M10 x 81mm Button Bolts (104) and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**



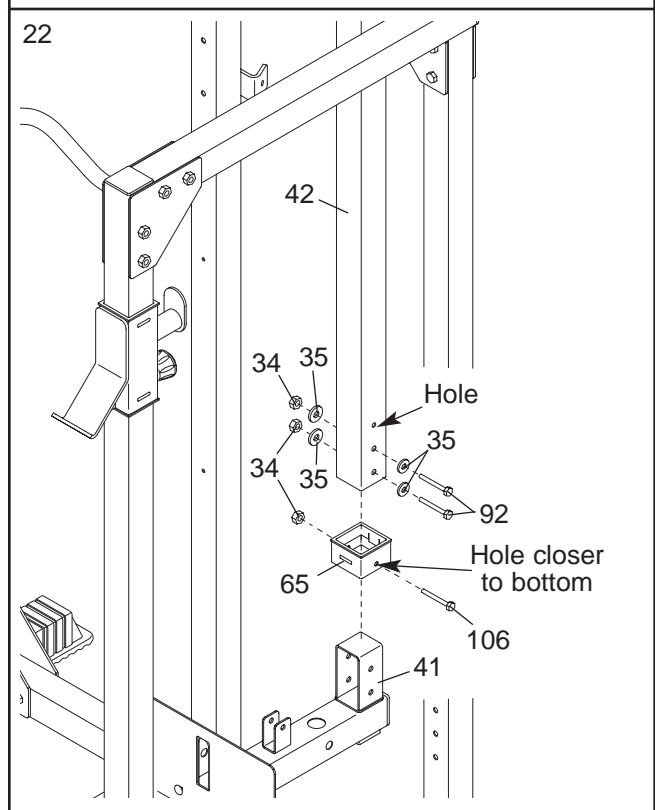
21. Attach the Center Top Frame (46) to the Left Top Frame (47) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34). **Make sure the decal is in the indicated location. Do not tighten the Locknuts yet.**

Attach the Center Top Frame (46) to the Right Top Frame (48) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**



22. Slide the Weight Carriage Stop (65) onto the Weight Guide Upright (42) as shown, and attach it at the indicated hole with an M10 x 87mm Bolt (106) and an M10 Nylon Locknut (34).

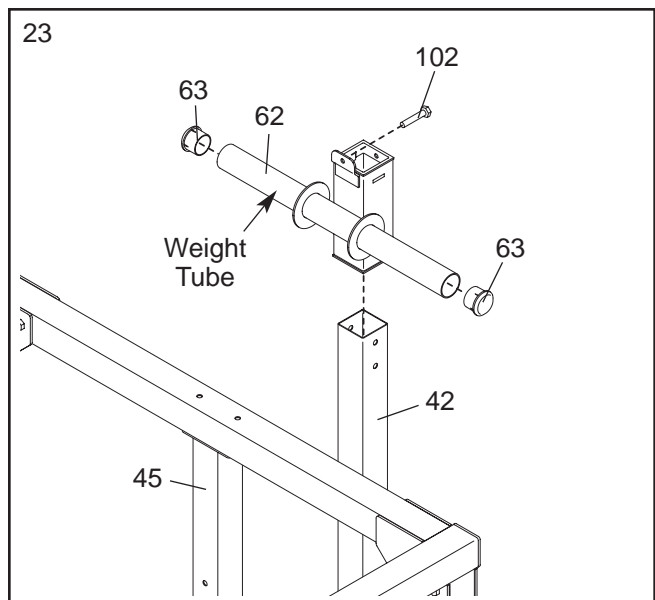
Attach the Weight Guide Upright (42) to the Weight Guide Base (41) with two M10 x 75mm Bolts (92), four M10 Washers (35), and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**



23. Press two 48mm Weight Carriage Caps (63) into the Weight Carriage (62).

Insert an M10 x 19mm Bolt (102) into the bracket on the Weight Carriage (62) from the side shown.

Slide the Weight Carriage (62) onto the Weight Guide Upright (42) so that the weight tube is toward the Center Upright (45).

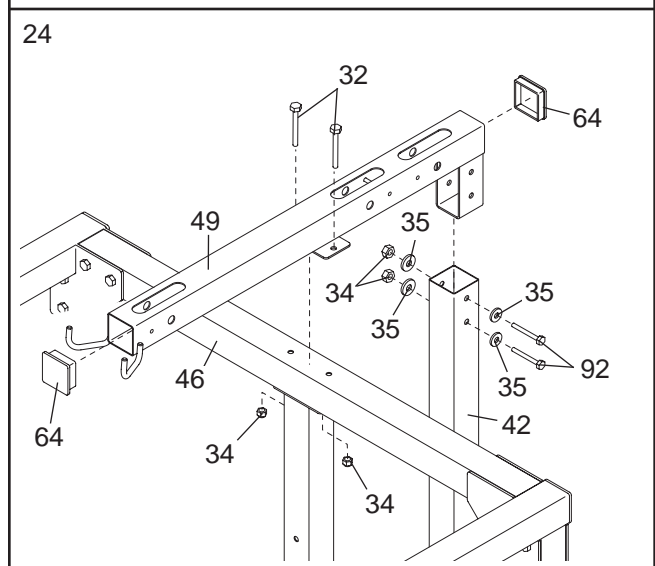


24. Press two 60mm Square Inner Caps (64) into the Weight Guide Top Frame (49).

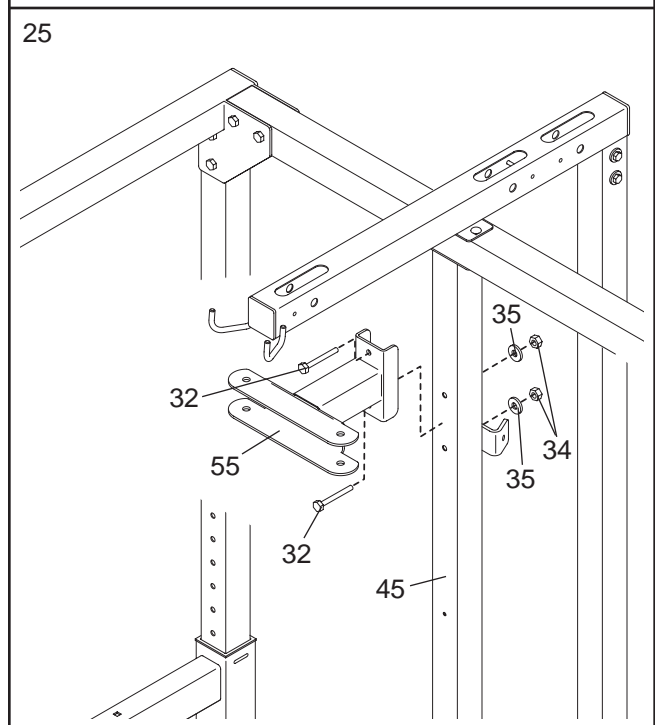
Attach the Weight Guide Top Frame (49) to the Weight Guide Upright (42) with two M10 x 75mm Bolts (92), four M10 Washers (35), and two M10 Nylon Locknuts (34). **Do not tighten the Locknuts yet.**

Attach the Weight Guide Top Frame (49) to the Center Top Frame (46) with two M10 x 78mm Bolts (32) and two M10 Nylon Locknuts (34).

Tighten the M10 Nylon Locknuts (34) used in steps 12–24.



25. Attach the Butterfly Bracket (55) to the Center Upright (45) with two M10 x 78mm Bolts (32), two M10 Washers (35), and two M10 Nylon Locknuts (34).



26. Press a 50mm Square Inner Cap (13) and a 25mm Square Inner Cap (28) into the Right Butterfly Arm (56). Wet the bottom of the Butterfly Arm with soapy water and slide a Butterfly Foam Pad (66) onto the Arm.

Lubricate a 1/2" x 78mm Bolt (97) and the Butterfly Bushings (79) with grease. Attach the Right Butterfly Arm (56) to the Butterfly Bracket (55) with the Bolt and a 1/2" Nylon Locknut (94). Cover the Bolt and Locknut with two Butterfly Caps (80). **Do not overtighten the Locknut; the Butterfly Arm must be able to pivot easily.**

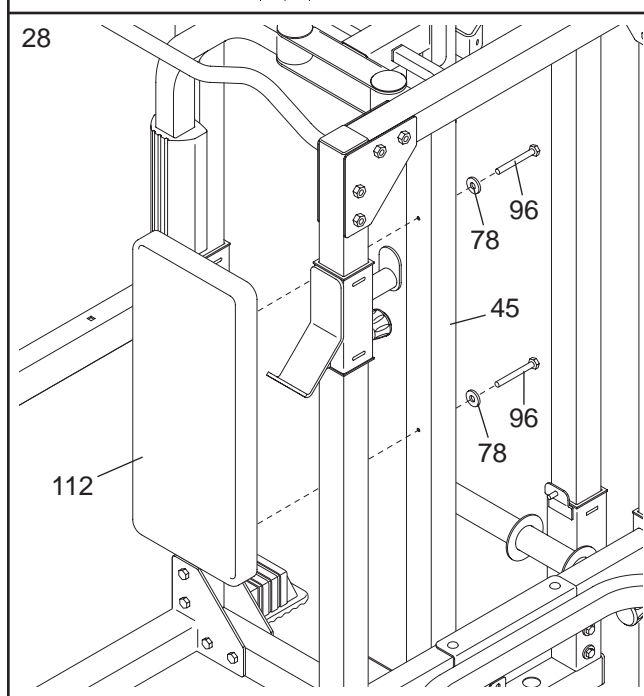
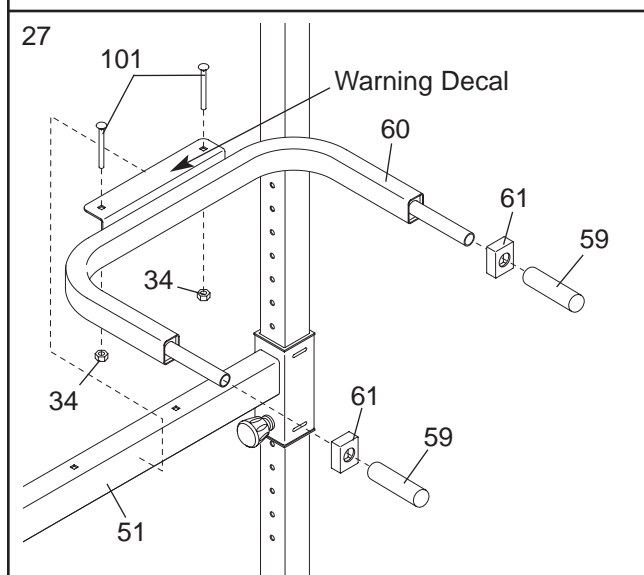
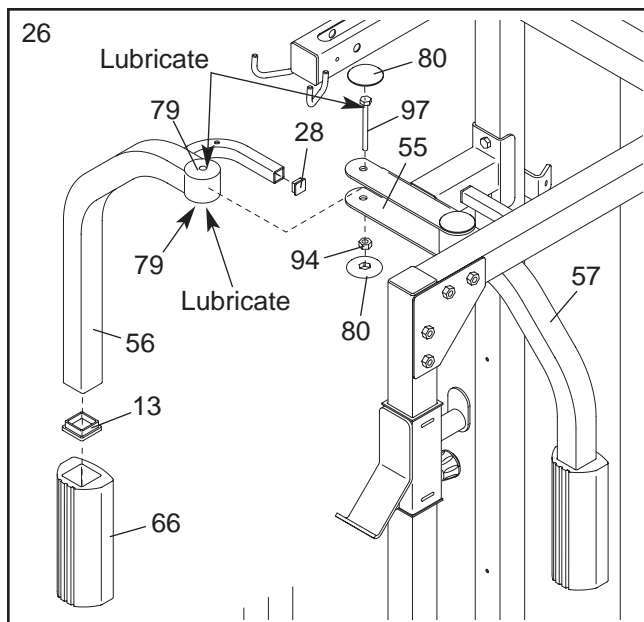
Repeat this step with the Left Butterfly Arm (57).

27. Press two Caps w/Holes (61) and two Handgrips (59) onto the Dip Arm (60).

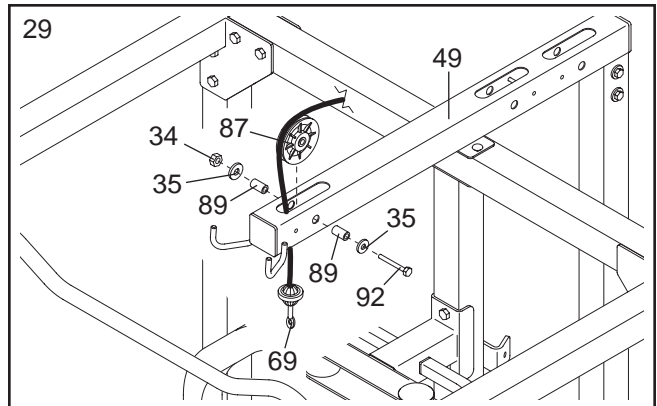
Attach the Dip Arm (60) to the Left Safety Spotter (51) with two M10 x 97mm Carriage Bolts (101) and two M10 Nylon Locknuts (34). **Make sure the warning decal is in the indicated location.**

Note: The Dip Arm (60) can be attached to the Right Safety Spotter (not shown) in the same manner.

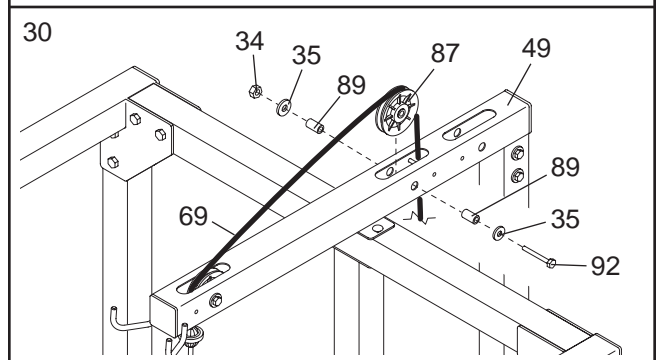
28. Attach the Butterfly Backrest (112) to the Center Upright (45) with two M6 Washers (78) and two M6 x 75mm Screws (96).



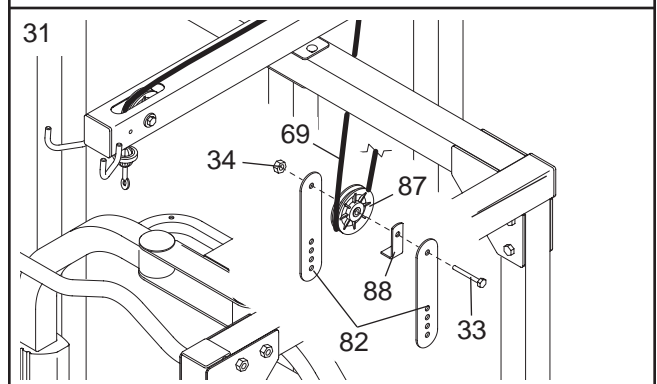
29. **Locate the Medium Cable (69).** Route the Cable up through the Weight Guide Top Frame (49) and over a Pulley (87). Attach the Pulley inside the Top Frame with an M10 x 75mm Bolt (92), two M10 Washers (35), two 17mm Spacers (89), and an M10 Nylon Locknut (34).



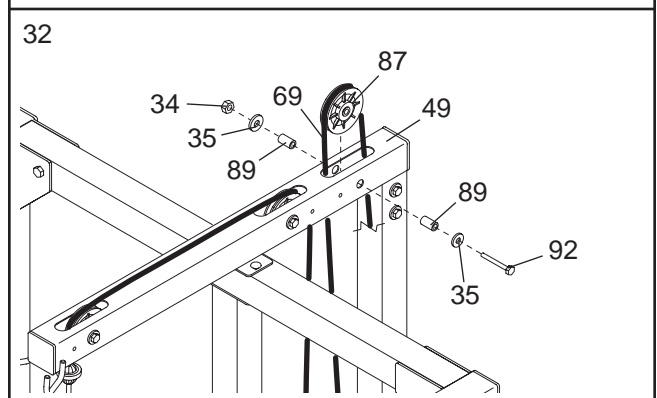
30. Route the Medium Cable (69) over a Pulley (87) and down through the Weight Guide Top Frame (49). Attach the Pulley inside the Top Frame with an M10 x 75mm Bolt (92), two M10 Washers (35), two 17mm Spacers (89), and an M10 Nylon Locknut (34).



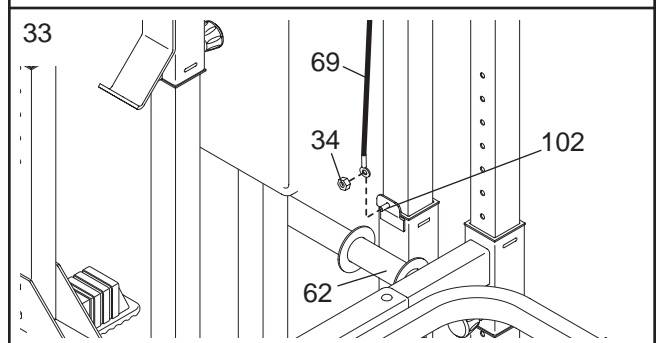
31. Wrap the Medium Cable (69) under a Pulley (87). Attach the Pulley and a Cable Trap (88) to the indicated hole in the Pulley Plates (82) with an M10 x 45mm Bolt (33) and an M10 Nylon Locknut (34). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



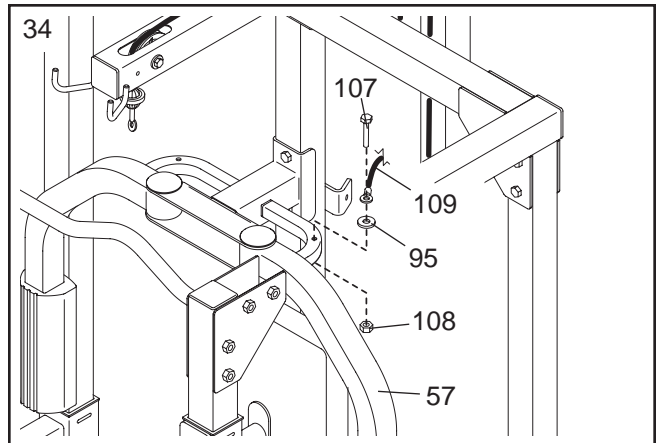
32. Route the Medium Cable (69) up through the Weight Guide Top Frame (49), over a Pulley (87), and back down through the Top Frame. Attach the Pulley inside the Top Frame with an M10 x 75mm Bolt (92), two M10 Washers (35), two 17mm Spacers (89), and an M10 Nylon Locknut (34).



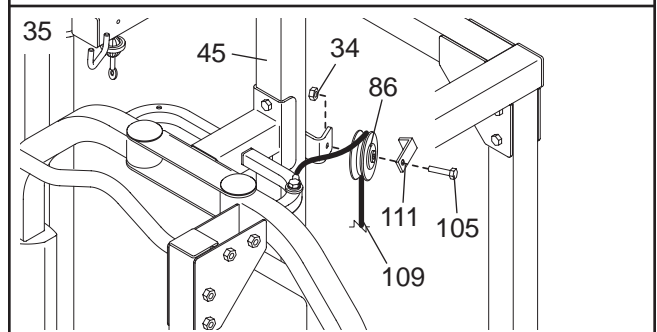
33. Attach the Medium Cable (69) to the M10 x 19mm Bolt (102) in the Weight Carriage (62) with an M10 Nylon Locknut (34).



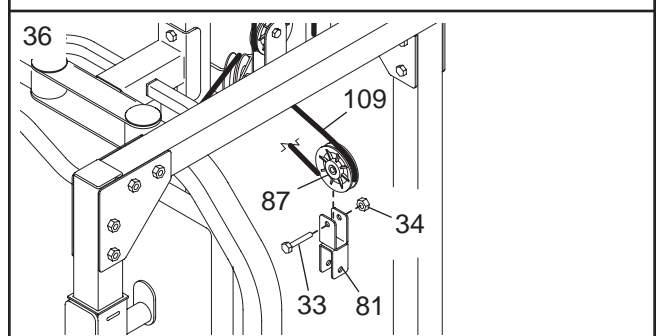
34. **Locate the Butterfly Cable (109).** Attach the Cable to the Left Butterfly Arm (57) with an M8 x 43mm Shoulder Bolt (107), an M10 Small Washer (95), and an M8 Nylon Locknut (108).



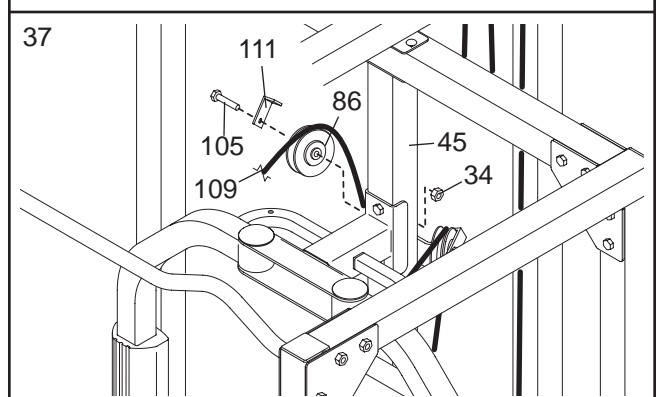
35. Wrap the Butterfly Cable (109) over a "V"-pulley (86). Attach the "V"-pulley and a Large Cable Trap (111) to the bracket on the Center Upright (45) with an M10 x 60mm Bolt (105) and an M10 Nylon Locknut (34). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



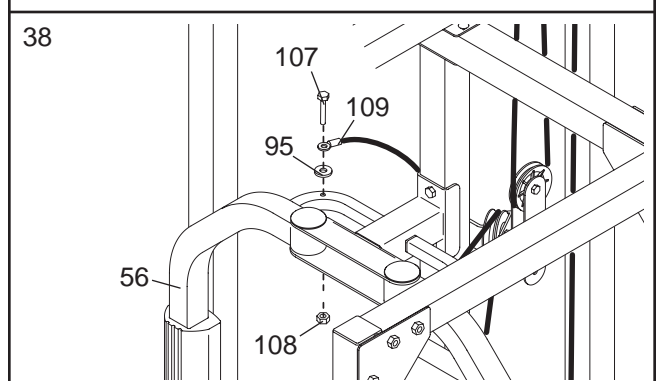
36. Wrap the Butterfly Cable (109) under a Pulley (87). Attach the Pulley to the Double "U"-bracket (81) with an M10 x 45mm Bolt (33) and an M10 Nylon Locknut (34).



37. Wrap the Butterfly Cable (109) over a "V"-pulley (86). Attach the "V"-pulley and a Large Cable Trap (111) to the other side of the bracket on the Center Upright (45) with an M10 x 60mm Bolt (105) and an M10 Nylon Locknut (34). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**

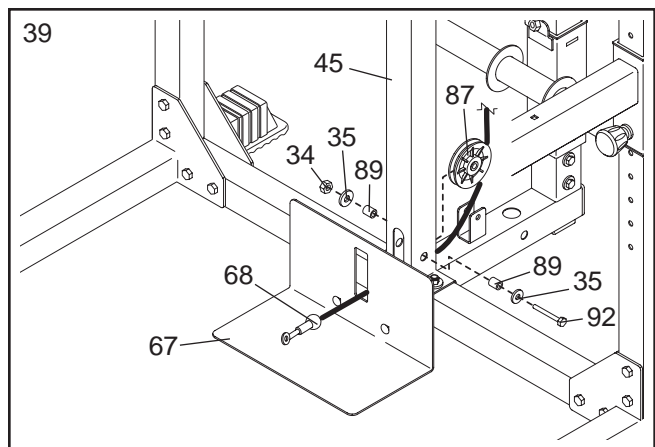


38. Attach the Butterfly Cable (109) to the Right Butterfly Arm (56) with an M8 x 43mm Shoulder Bolt (107), an M10 Small Washer (95), and an M8 Nylon Locknut (108).

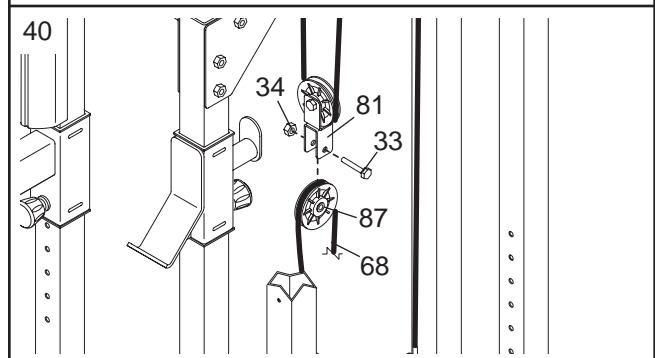


39. **Locate the Long Cable (68).** Route the eyelet end of the Cable through the Foot Plate (67) and the Center Upright (45), and under a Pulley (87).

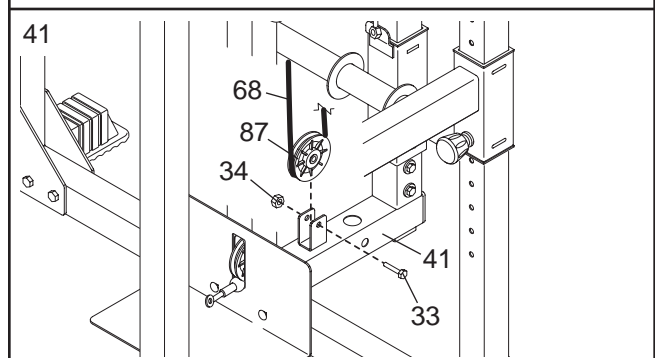
Attach the Pulley (87) inside the Center Upright (45) with an M10 x 75mm Bolt (92), two M10 Washers (35), two 17mm Spacers (89), and an M10 Nylon Locknut (34). **Note: The Foot Plate (67) is shown pulled away from the Center Upright for clarity.**



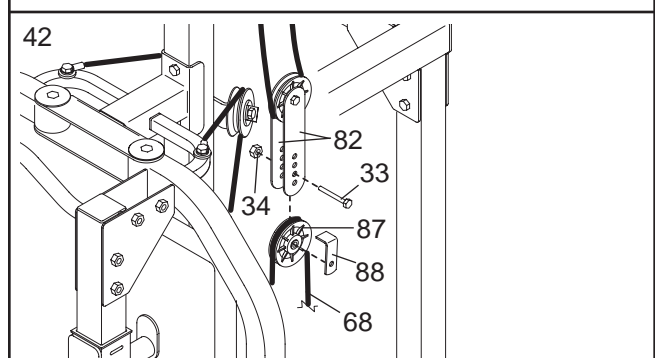
40. Wrap the Long Cable (68) over a Pulley (87). Attach the Pulley to the Double "U"-bracket (81) with an M10 x 45mm Bolt (33) and an M10 Nylon Locknut (34).



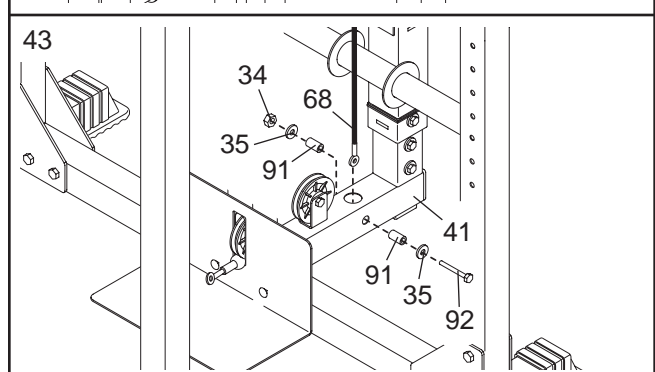
41. Wrap the Long Cable (68) under a Pulley (87). Attach the Pulley to the Weight Guide Base (41) with an M10 x 45mm Bolt (33) and an M10 Nylon Locknut (34).



42. Wrap the Long Cable (68) over a Pulley (87). Attach the Pulley and a Cable Trap (88) to the second set of holes from the bottom of the Pulley Plates (82) with an M10 x 45mm Bolt (33) and an M10 Nylon Locknut (34). **Make sure the Cable Trap is oriented to hold the Cable in the groove of the Pulley.**



43. Attach the Long Cable (68) inside the Weight Guide Base (41) with an M10 x 75mm Bolt (92), two M10 Washers (35), two 28mm Spacers (91), and an M10 Nylon Locknut (34).



44. **Make sure that all parts are properly tightened before the weight bench is used.** The use of all remaining parts will be explained in ADJUSTMENTS, beginning on the following page.

ADJUSTMENTS

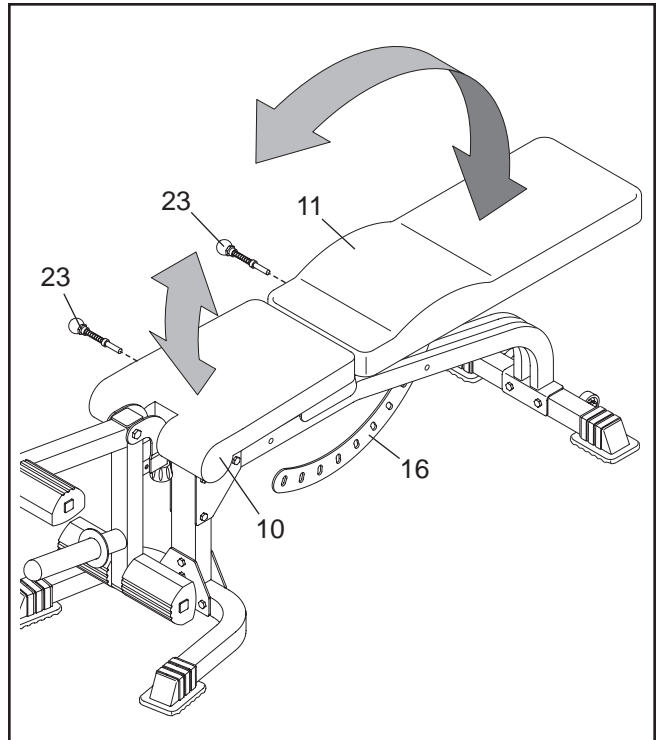
This section explains how to adjust the weight bench. See the EXERCISE GUIDELINES on page 24 for important information about how to get the most benefit from your exercise program. Also, refer to the accompanying exercise guide to see the correct form for each exercise.

Make sure all parts are properly tightened each time the weight bench is used. Replace any worn parts immediately. The weight bench can be cleaned with a damp cloth and a mild, non-abrasive detergent. Do not use solvents.

ADJUSTING THE BACKREST AND SEAT

The Backrest (11) can be adjusted to ten different positions. Pull the Small Adjustment Knob (23 [shown removed]) out as far as it can go and reposition the Backrest. Release the Knob and make sure it engages a hole in the Backrest Bracket (16).

The Seat (10) can be adjusted in the same manner.

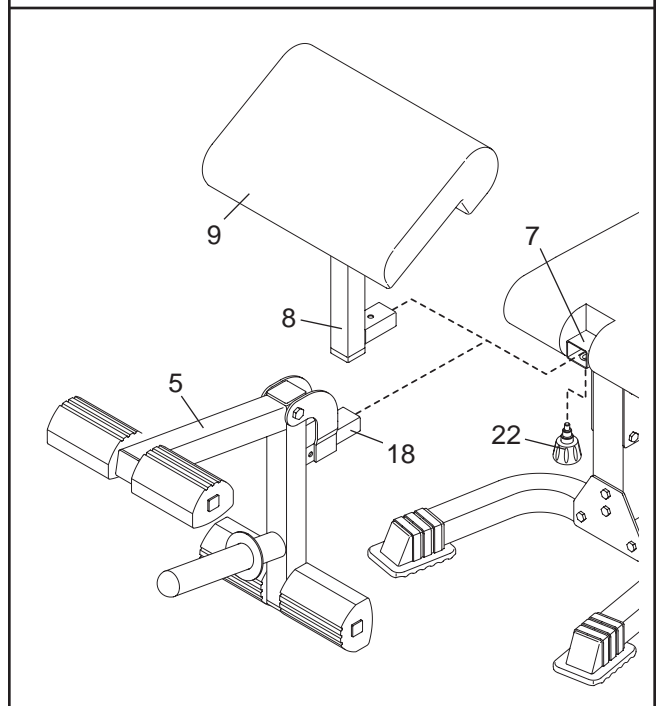


ATTACHING THE CURL PAD OR LEG LEVER

To use the Curl Pad (9), remove the Adjustment Knob (22) and the Leg Lever Bracket (18) from the Seat Frame (7). Slide the Curl Post (8) into the Seat Frame and secure it in place with the Adjustment Knob.

Attach the Leg Lever (5) in the same manner.

⚠ WARNING: The Seat Frame (7) must be positioned in the most inclined position before using the Leg Lever (5).



ADDING WEIGHT TO THE LEG LEVER

To add weight (not included) to the Leg Lever (5), slide the desired amount of weight onto the weight tube.

⚠ WARNING: Do not place more than 150 pounds on the Leg Lever (5).

ADDING WEIGHT TO THE WEIGHT CARRIAGE

To add weight (not included) to the Weight Carriage (62), slide the desired amount of weight onto the weight tube. Secure the weight with a Weight Clip (71).

⚠ WARNING: Do not place more than 150 pounds on the Weight Carriage (62).

ATTACHING THE ACCESSORIES

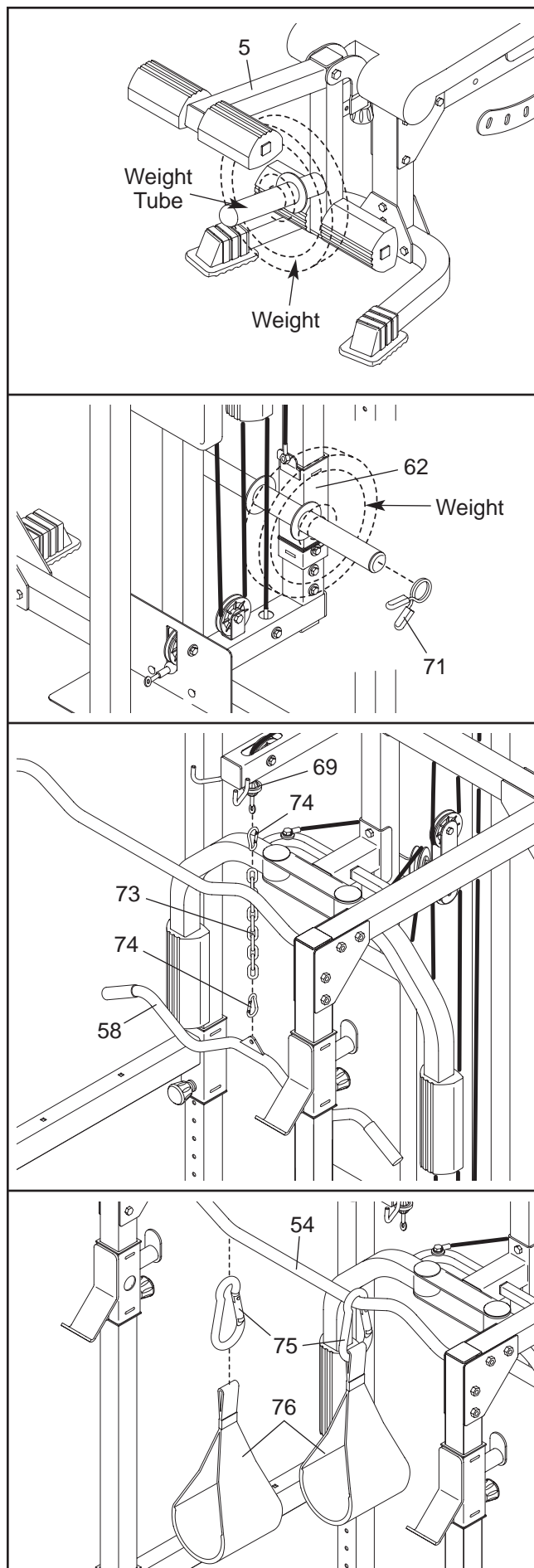
Attach the Lat Bar (58) to the Medium Cable (69) with a Small Cable Clip (74). For some exercises, the Chain (73) should be attached between the Lat Bar and the Medium Cable with two Small Cable Clips. **Adjust the length of the Chain between the Lat Bar and the Cable so the Lat Bar is in the correct starting position for the exercise to be performed.**

The Lat Bar (58) or the Ankle Strap (not shown) can be attached to either cable in the same manner.

⚠ WARNING: Always disconnect the Lat Bar (58) when performing an exercise that does not require using the Lat Bar.

USING THE AB SLINGS

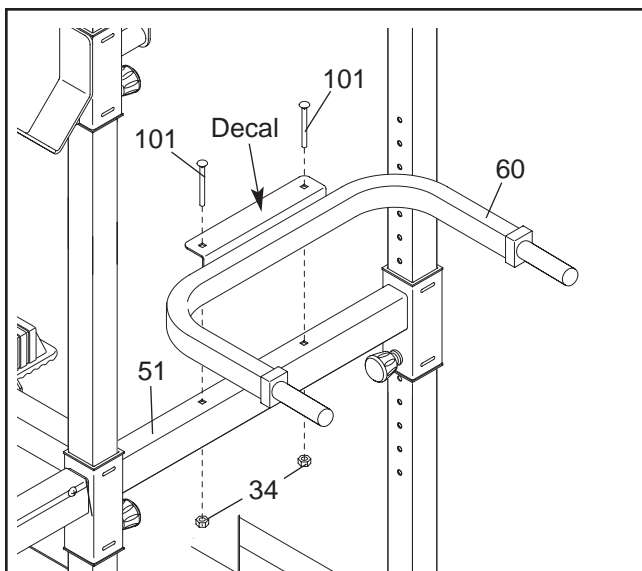
To use the Ab Slings (76), use the Large Cable Clips (75) to attach them to the Chin-up Bar (54).



ATTACHING THE DIP ARM

To attach the Dip Arm (60), first move a Safety Spotter (50 or 51) to the highest position possible (see USING THE WEIGHT RESTS AND SAFETY SPOTTERS below). Attach the Dip Arm to the outside of the Safety Spotter with two M10 x 97mm Carriage Bolts (101) and two M10 Nylon Locknuts (34). **Make sure the warning decal is in the indicated location.**

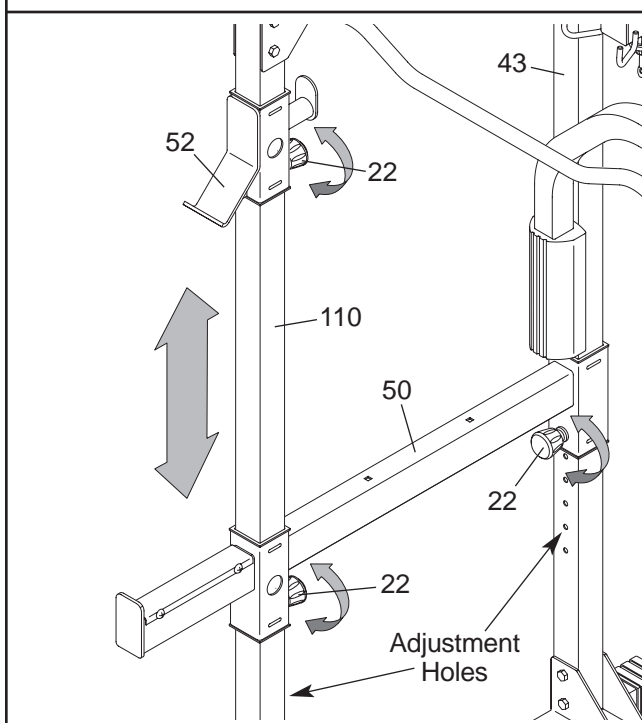
⚠ WARNING: Always set 75 pounds on the Weight Carriage (not shown) before using the Dip Arm (60).



USING THE WEIGHT RESTS AND SAFETY SPOTTERS

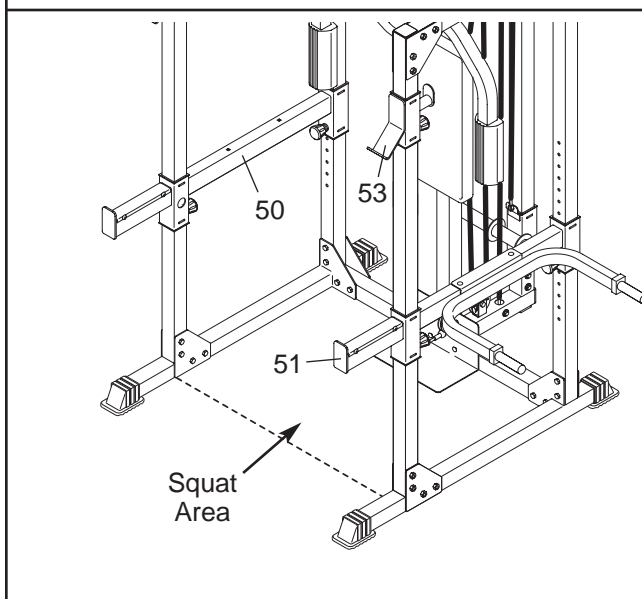
Before beginning an exercise, move the Weight Rests (52, 53) and the Safety Spotters (50, 51) to sets of holes in the Uprights (43, and 44/110) that are best suited for that exercise. Do this by turning the Adjustment Knobs (22) counterclockwise until they are loose. Pull the Knobs out and slide the Weight Rests or the Safety Spotters to the desired heights. Engage the Knobs into the adjustment holes in the Uprights and turn the Knobs clockwise until they are tight.

The selected holes for the Safety Spotters (50, 51) should represent the lowest point to which you want the barbell to go during the exercise. The selected holes for the Weight Rests (52, 53) should be at a comfortable height for lifting and replacing the barbell. Perform the exercise as shown on the accompanying exercise guide. **Note: Make sure the Adjustment Knobs (22) are fully tightened.**



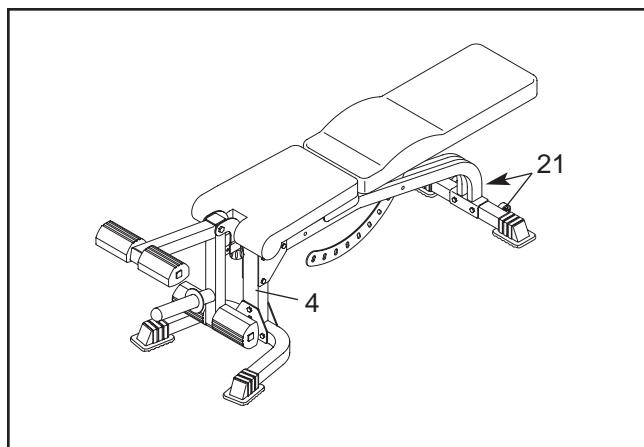
SETTING UP FOR SQUAT EXERCISES

Squat exercises should be performed inside the rack (behind the dotted line in the picture). When performing squat exercises, set the Weight Rests (52, 53) and the Safety Spotters (50, 51) at a comfortable height in the manner describe in USING THE WEIGHT RESTS AND SAFETY SPOTTERS above.



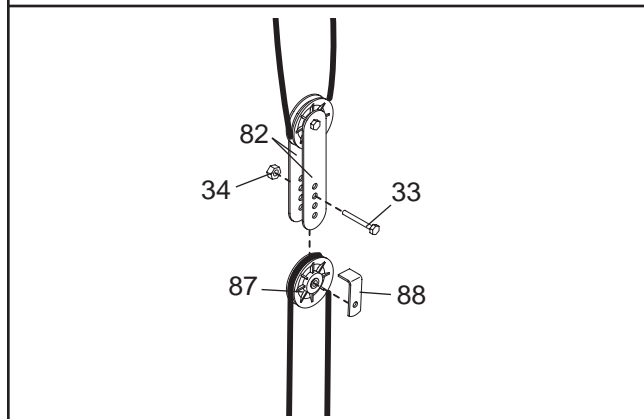
MOVING THE BENCH

To move the weight bench, lift the Bench Leg (4) so that the bench pivots onto the Wheels (21). Roll the bench to the desired location and set the Bench Leg down.



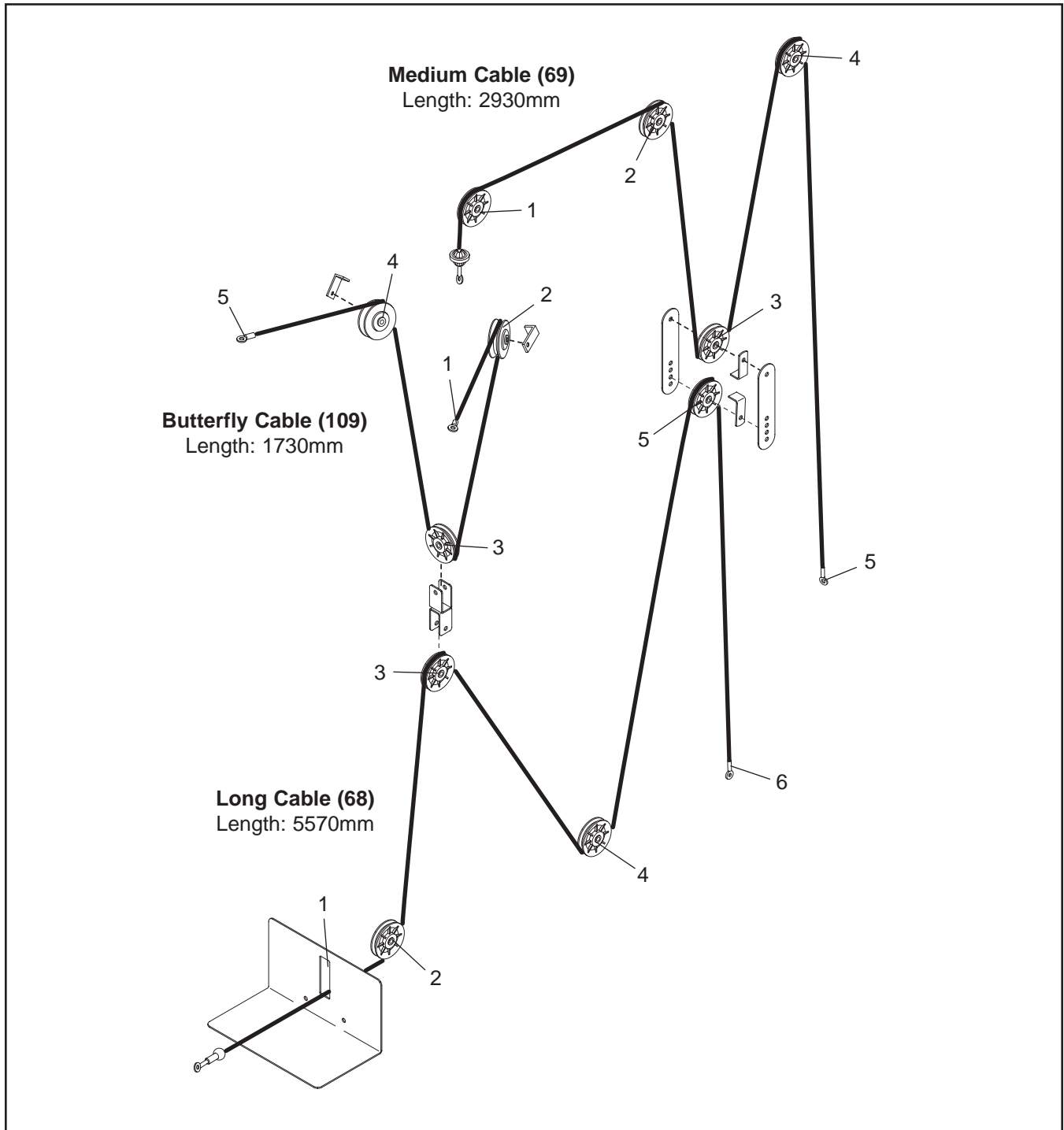
TIGHTENING THE CABLES

Woven cable, the type of cable used on the weight rack, can stretch slightly after it is first used. If there is slack in the cables, tighten them by removing the M10 x 45mm Bolt (33) and the M10 Nylon Locknut (34) attaching the lower Pulley (87) and Cable Trap (88) to the two Pulley Plates (82). Reattach the lower Pulley and Cable Trap to a higher set of holes in the Pulley Plates using the Bolt and Nylon Locknut.



CABLE DIAGRAMS

The cable diagrams below show the proper routing of the Long Cable (68), the Medium Cable (69), and the Butterfly Cable (109). Use the diagram to make sure that the cables and the cable traps have been assembled correctly. If the cables have not been correctly routed, the weight rack will not function properly and damage may occur. The numbers show the correct route for each cable. **Make sure that the cable traps do not touch or bind the cables.**



EXERCISE GUIDELINES

THE FOUR BASIC TYPES OF WORKOUTS

Muscle Building

To increase the size and strength of your muscles, push them close to their maximum capacity. Your muscles will continually adapt and grow as you progressively increase the intensity of your exercise. You can adjust the intensity level of an individual exercise in two ways:

- by changing the amount of resistance used
- by changing the number of repetitions or sets performed. (A “repetition” is one complete cycle of an exercise, such as one sit-up. A “set” is a series of repetitions.)

The proper amount of resistance for each exercise depends upon the individual user. You must gauge your limits and select the amount of resistance that is right for you. Begin with 3 sets of 8 repetitions for each exercise you perform. Rest for 3 minutes after each set. When you can complete 3 sets of 12 repetitions without difficulty, increase the amount of resistance.

Toning

You can tone your muscles by pushing them to a moderate percentage of their capacity. Select a moderate amount of resistance and increase the number of repetitions in each set. Complete as many sets of 15 to 20 repetitions as possible without discomfort. Rest for 1 minute after each set. Work your muscles by completing more sets rather than by using high amounts of resistance.

Weight Loss

To lose weight, use a low amount of resistance and increase the number of repetitions in each set. Exercise for 20 to 30 minutes, resting for a maximum of 30 seconds between sets.

Cross Training

Cross training is an efficient way to get a complete and well-balanced fitness program. An example of a balanced program is:

- Plan strength training workouts on Monday, Wednesday, and Friday.
- Plan 20 to 30 minutes of aerobic exercise, such as running on a treadmill or riding on an elliptical or exercise bike, on Tuesday and Thursday.
- Rest from both strength training and aerobic exercise for at least one full day each week to give your body time to regenerate.

The combination of strength training and aerobic exercise will reshape and strengthen your body, plus develop your heart and lungs.

PERSONALIZING YOUR EXERCISE PROGRAM

Determining the exact length of time for each workout, as well as the number of repetitions or sets completed, is an individual matter. It is important to avoid overdoing it during the first few months of your exercise program. You should progress at your own pace and be sensitive to your body's signals. If you experience pain or dizziness at any time while exercising, stop immediately and begin cooling down. Find out what is wrong before continuing. Remember that adequate rest and a proper diet are important factors in any exercise program.

WARMING UP

Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. Warming up prepares your body for more strenuous exercise by increasing circulation, raising your body temperature and delivering more oxygen to your muscles.

WORKING OUT

Each workout should include 6 to 10 different exercises. Select exercises for every major muscle group, emphasizing areas that you want to develop most. To give balance and variety to your workouts, vary the exercises from session to session.

Schedule your workouts for the time of day when your energy level is the highest. Each workout should be followed by at least one day of rest. Once you find the schedule that is right for you, stick with it.

EXERCISE FORM

Maintaining proper form is an essential part of an effective exercise program. This requires moving through the full range of motion for each exercise, and moving only the appropriate parts of the body. Exercising in an uncontrolled manner will leave you feeling exhausted. On the exercise guide accompanying this manual you will find photographs showing the correct form for several exercises, and a list of the muscles affected. Refer to the muscle chart on the next page to find the names of the muscles.

The repetitions in each set should be performed smoothly and without pausing. The exertion stage of each repetition should last about half as long as the return stage. Proper breathing is important. Exhale during the exertion stage of each repetition and inhale during the return stroke. Never hold your breath.

Rest for a short period of time after each set. The ideal resting periods are:

- Rest for three minutes after each set for a muscle building workout.
- Rest for one minute after each set for a toning workout.
- Rest for 30 seconds after each set for a weight loss workout.

Plan to spend the first couple of weeks familiarizing yourself with the equipment and learning the proper form for each exercise.

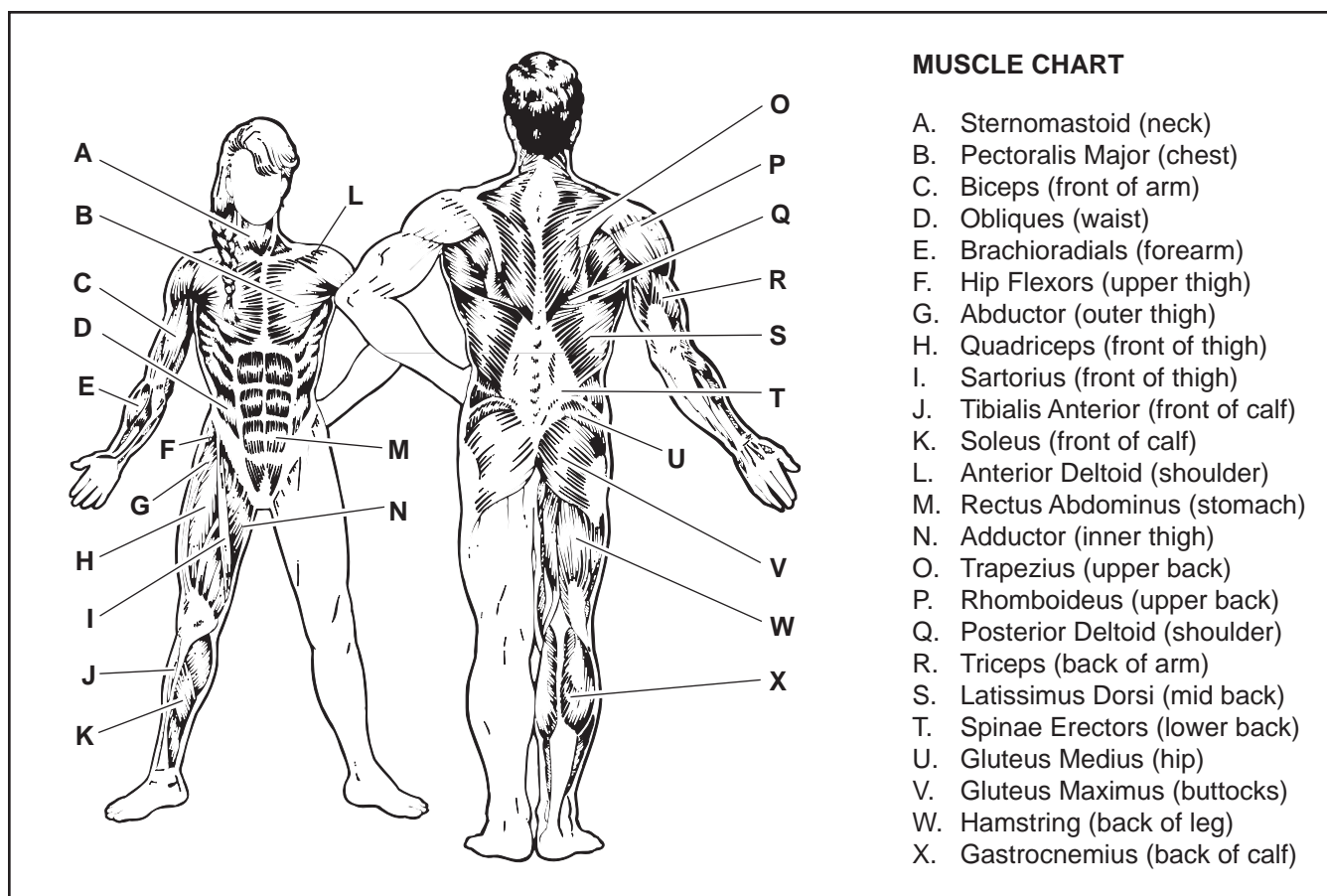
COOLING DOWN

End each workout with 5 to 10 minutes of stretching. Include stretches for both your arms and legs. Move

slowly as you stretch and do not bounce. Ease into each stretch gradually and go only as far as you can without strain. Stretching at the end of each workout is an effective way to increase flexibility.

STAYING MOTIVATED

For motivation, keep a record of each workout. The chart on pages 26 and 27 of this manual can be photocopied and used to schedule and record your workouts. List the date, the exercises performed, the resistance used, and the numbers of sets and repetitions completed. Record your weight and key body measurements at the end of every month. Remember, the key to achieving the greatest results is to make exercise a regular and enjoyable part of your everyday life.



MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

Make photocopies of this page for scheduling and recording your workouts.

MONDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

TUESDAY AEROBIC EXERCISE

Date: / /

WEDNESDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

THURSDAY AEROBIC EXERCISE

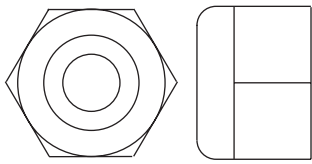
Date: / /

FRIDAY	EXERCISE	WEIGHT	SETS	REPS
Date: / /				

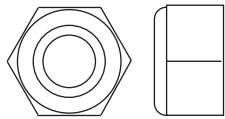
Make photocopies of this page for scheduling and recording your workouts.

PART IDENTIFICATION CHART—Model No. WEBE37330

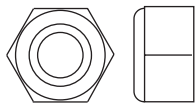
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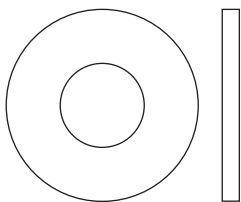
1/2" Nylon Locknut (94)



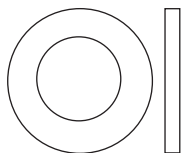
M10 Nylon Locknut (34)



M8 Nylon Locknut (108)



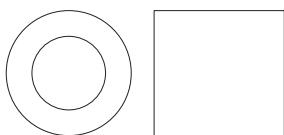
M10 Washer (35)



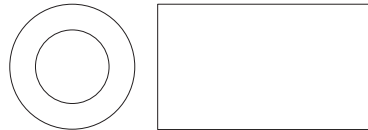
M10 Small Washer (95)



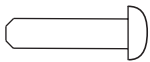
M6 Washer (78)



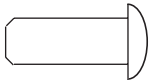
17mm Spacer (89)



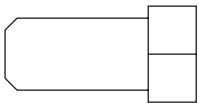
28mm Spacer (91)



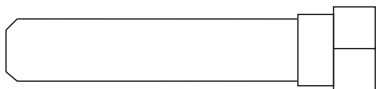
M4 x 16mm Screw (36)



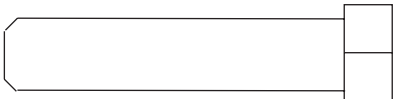
M6 x 16mm Screw (29)



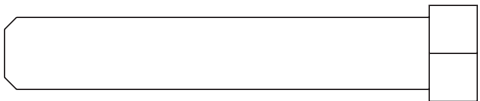
M10 x 19mm Bolt (102)



M8 x 43mm Shoulder Bolt (107)



M10 x 45mm Bolt (33)



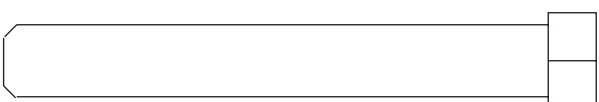
M10 x 56mm Bolt (30)



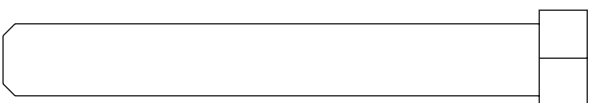
M10 x 60mm Bolt (105)



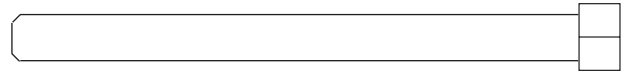
M10 x 65mm Bolt (100)



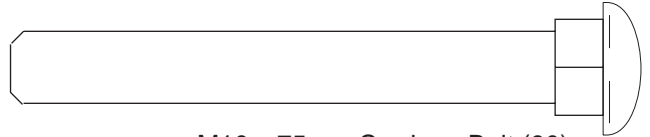
M10 x 75mm Bolt (92)



M10 x 71mm Bolt (31)



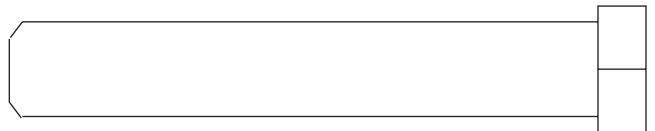
M6 x 75mm Screw (96)



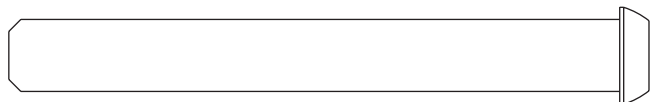
M10 x 75mm Carriage Bolt (90)



M10 x 78mm Bolt (32)



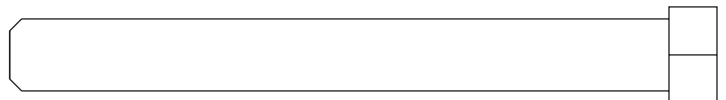
1/2" x 78mm Bolt (97)



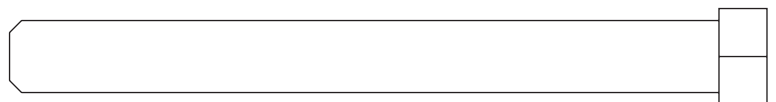
M10 x 81mm Button Bolt (104)



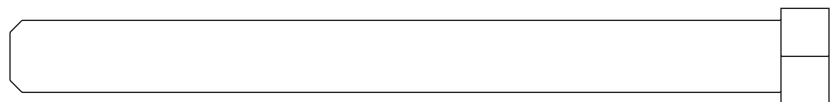
M10 x 85mm Bolt (103)



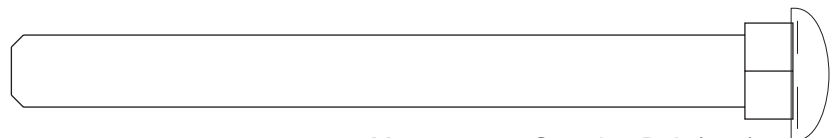
M10 x 87mm Bolt (106)



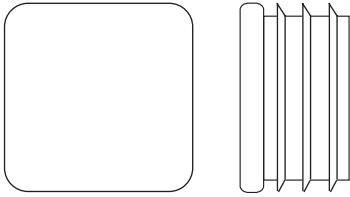
M10 x 94mm Bolt (98)



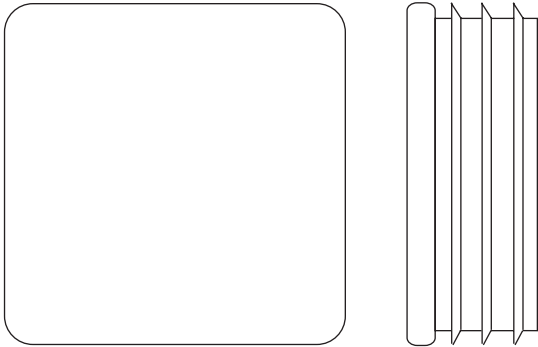
M10 x 102mm Bolt (99)



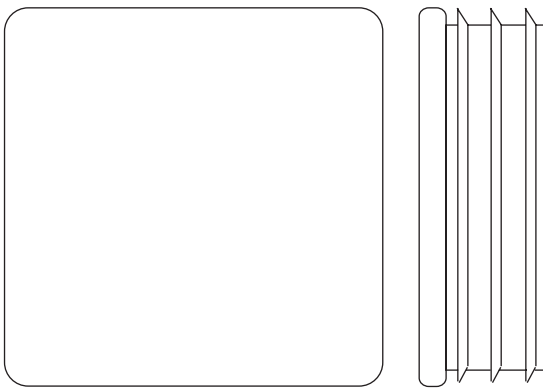
M10 x 97mm Carriage Bolt (101)



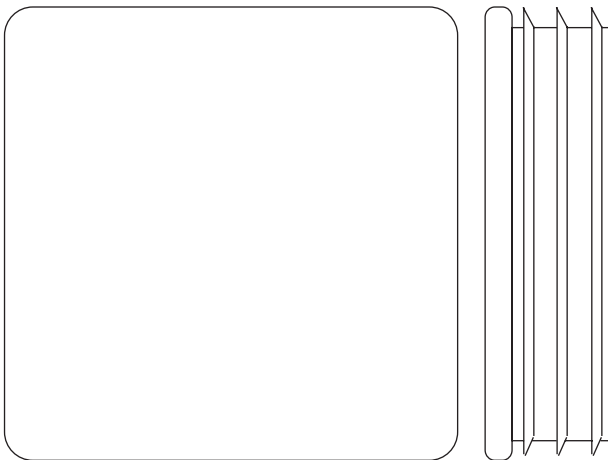
25mm Square Inner Cap (28)



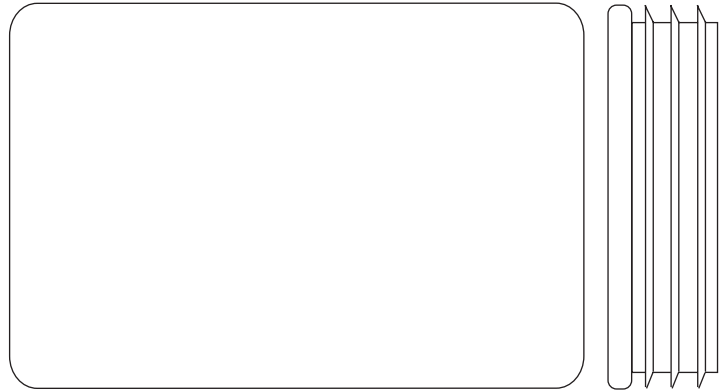
45mm Square Inner Cap (12)



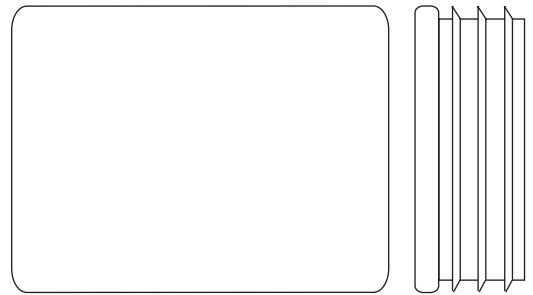
50mm Square Inner Cap (13)



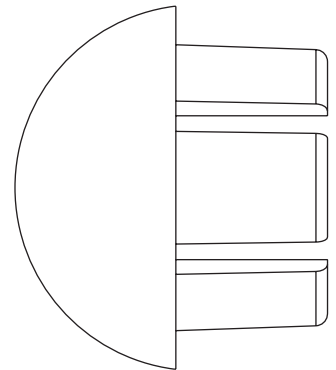
60mm Square Inner Cap (64)



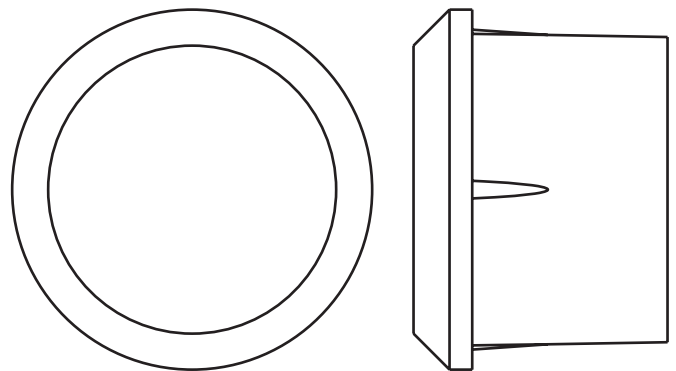
51mm x 76mm Inner Cap (14)



38mm x 50mm Inner Cap (15)



48mm Round Inner Cap (19)



48mm Weight Carriage Cap (63)

PART LIST—Model No. WEBE37330

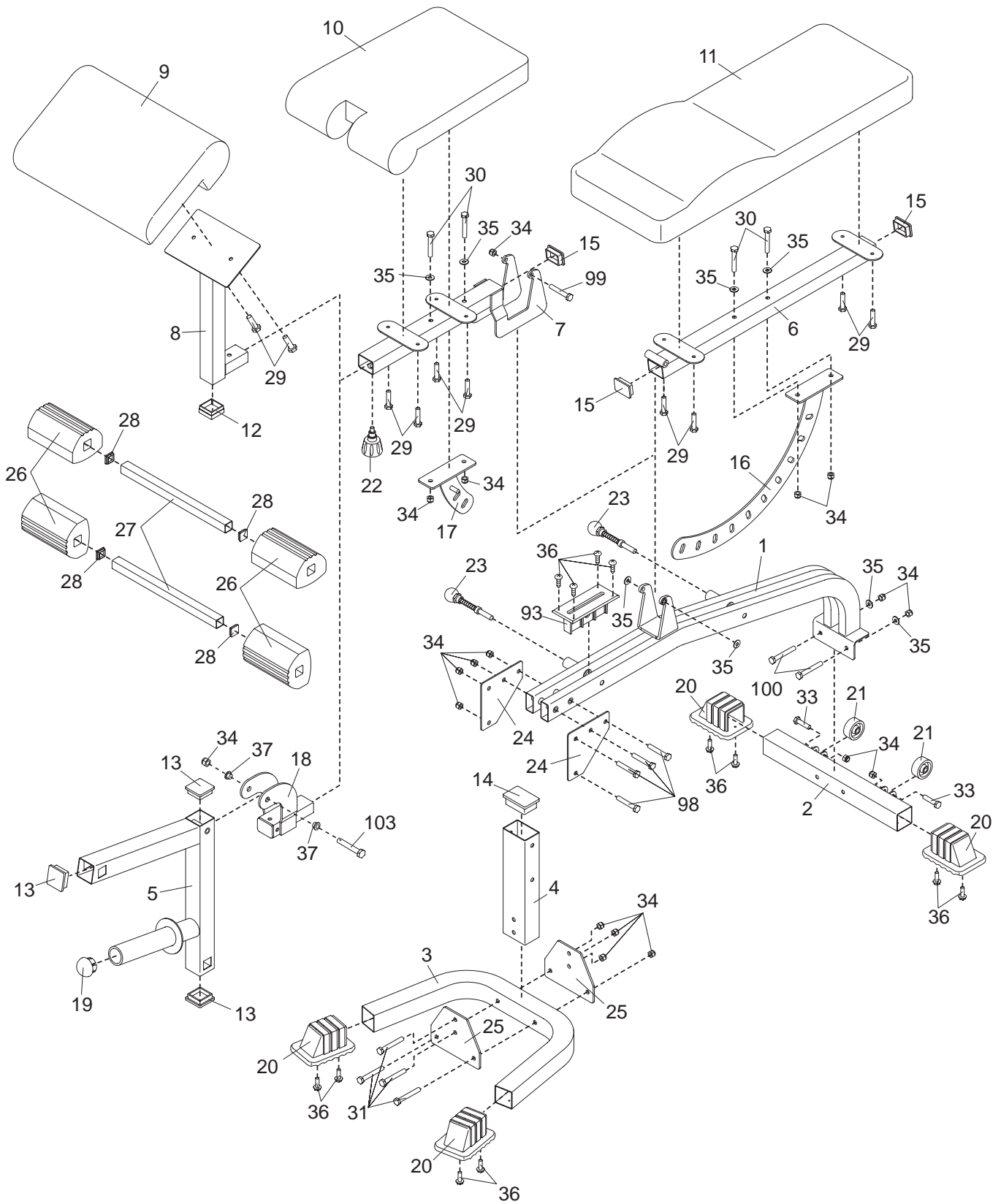
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Bench Frame	59	4	Handgrip
2	1	Stabilizer	60	1	Dip Arm
3	1	Bench Base	61	2	Cap w/Hole
4	1	Bench Leg	62	1	Weight Carriage
5	1	Leg Lever	63	2	48mm Weight Carriage Cap
6	1	Backrest Frame	64	7	60mm Square Inner Cap
7	1	Seat Frame	65	1	Weight Carriage Stop
8	1	Curl Post	66	2	Butterfly Foam Pads
9	1	Curl Pad	67	1	Foot Plate
10	1	Seat	68	1	Long Cable
11	1	Backrest	69	1	Medium Cable
12	1	45mm Square Inner Cap	70	4	Large Base Cap
13	5	50mm Square Inner Cap	71	2	Weight Clip
14	1	51mm x 76mm Inner Cap	72	1	Ankle Strap
15	3	38mm x 50mm Inner Cap	73	1	Chain
16	1	Backrest Bracket	74	2	Small Cable Clip
17	1	Seat Bracket	75	2	Large Cable Clip
18	1	Leg Lever Bracket	76	2	Ab Sling
19	1	48mm Round Inner Cap	77	2	Safety Spotter Cover
20	4	Small Base Cap	78	2	M6 Washer
21	2	Wheel	79	4	Butterfly Bushing
22	7	Adjustment Knob	80	4	Butterfly Cap
23	2	Small Adjustment Knob	81	1	Double "U"-bracket
24	2	Bench Joint Plate	82	2	Pulley Plate
25	2	Bench Base Joint Plate	83	1	Carriage Stop Bushing
26	4	Foam Pad	84	14	Square Bushing
27	2	Pad Tube	85	6	Rack Joint Plate
28	6	25mm Square Inner Cap	86	2	"V"-pulley
29	10	M6 x 16mm Screw	87	9	Pulley
30	4	M10 x 56mm Bolt	88	2	Cable Trap
31	4	M10 x 71mm Bolt	89	8	17mm Spacer
32	36	M10 x 78mm Bolt	90	2	M10 x 75mm Carriage Bolt
33	7	M10 x 45mm Bolt	91	2	28mm Spacer
34	78	M10 Nylon Locknut	92	9	M10 x 75mm Bolt
35	28	M10 Washer	93	1	Seat Bracket Sleeve
36	28	M4 x 16mm Screw	94	2	1/2" Nylon Locknut
37	2	Bushing	95	2	M10 Small Washer
38	1	Right Base	96	2	M6 x 75mm Screw
39	1	Center Base	97	2	1/2" x 78mm Bolt
40	1	Left Base	98	4	M10 x 94mm Bolt
41	1	Weight Guide Base	99	1	M10 x 102mm Bolt
42	1	Weight Guide Upright	100	2	M10 x 65mm Bolt
43	2	Rear Upright	101	2	M10 x 97mm Carriage Bolt
44	1	Left Front Upright	102	1	M10 x 19mm Bolt
45	1	Center Upright	103	1	M10 x 85mm Bolt
46	1	Center Top Frame	104	2	M10 x 81mm Button Bolt
47	1	Right Top Frame	105	2	M10 x 60mm Bolt
48	1	Left Top Frame	106	1	M10 x 87mm Bolt
49	1	Weight Guide Top Frame	107	2	M8 x 43mm Shoulder Bolt
50	1	Right Safety Spotter	108	2	M8 Nylon Locknut
51	1	Left Safety Spotter	109	1	Butterfly Cable
52	1	Right Weight Rest	110	1	Right Front Upright
53	1	Left Weight Rest	111	2	Large Cable Trap
54	1	Chin-up Bar	112	1	Butterfly Backrest
55	1	Butterfly Bracket	#	1	User's Manual
56	1	Right Butterfly Arm	#	1	Exercise Chart
57	1	Left Butterfly Arm	#	1	Allen Wrench
58	1	Lat Bar			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of the user's manual for information about ordering replacement parts.

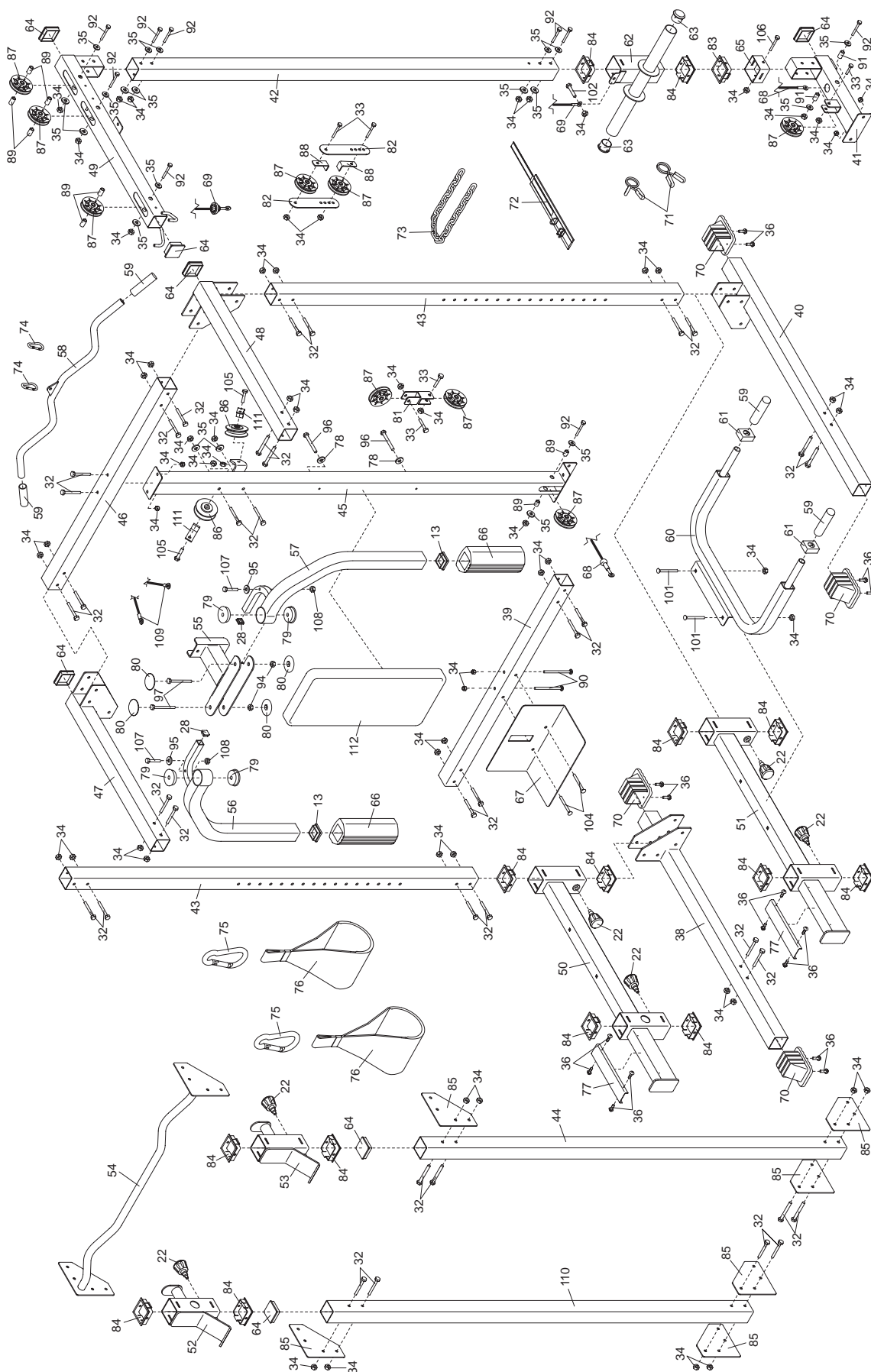
EXPLODED DRAWING—Model No. WEBE37330

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ORDERING REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WEBE37330)
2. The NAME of the product (WEIDER® CLUB C670 weight bench)
3. The SERIAL NUMBER of the product (see the front cover of this manual)
4. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING in the center of this manual)

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